

# 2014 GEAR *of the* YEAR

# MEN'S JOURNAL

DECEMBER 2014 Vol. 23, No. 12

## BIG WEDNESDAY

EPIC WAVES AND  
CHAOS IN MALIBU

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BEST NEW  
BEERS

The Woman  
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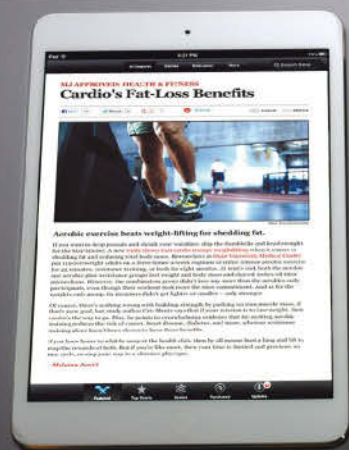
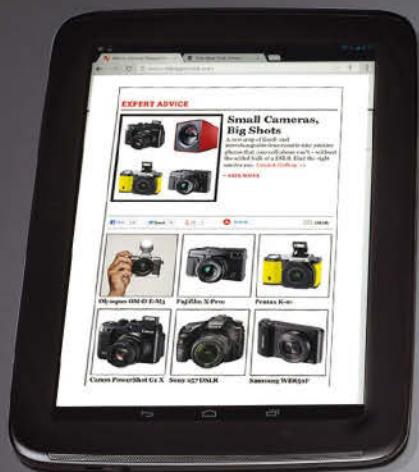


ON THE COVER: Ducati Diavel Carbon, photographed for *Men's Journal* by Randall Cordero in Los Angeles, October 6, 2014.



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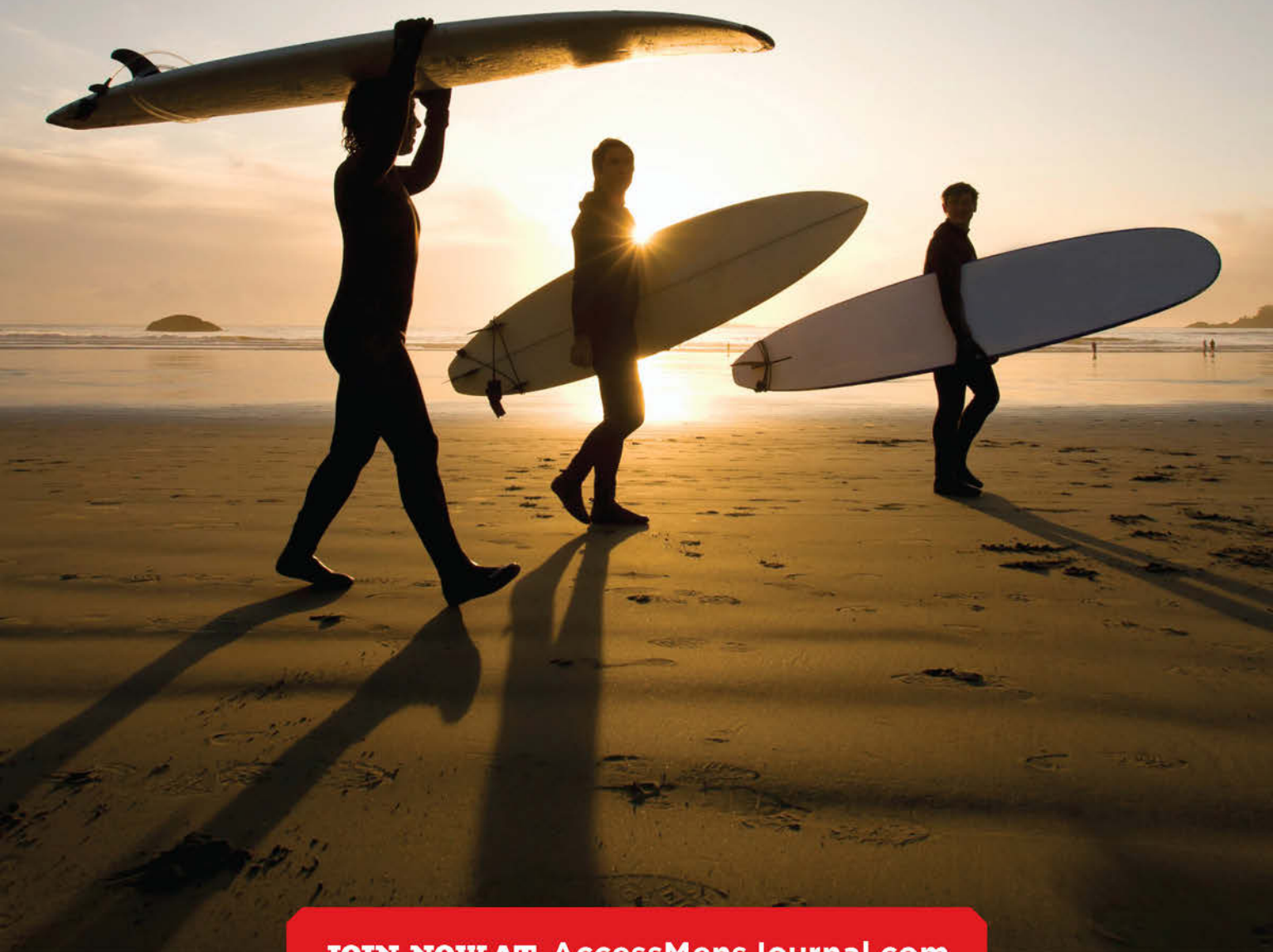
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## HYBRIDS GET SEXY

While admiring all the innovative gear in MJ's annual Style & Design issue, I was psyched to see the BMW i8 — it's about time they got into the eco game!

MARK TREMONT, PHILADELPHIA

## KNIGHTS OF PAIN

I was the national coordinator for the Danish Armored Combat League in 2012 — the first year team USA participated in international combat — so I read with interest about our American brethren in arms ["Knight Club," by Richard Rys]. However, I wanted to set the record straight about the case of injury at the battles in Poland a few years ago: An American knight never severed a Danish opponent's finger. Jesper Madsen, the Danish team captain at the time, lost a fingernail and consequently gifted it to the American fighter (who then got it plated in gold). If participants don't prepare mentally and physically, and invest in proper armor, they will get injuries. It's a tough sport but not a reckless one.

MIRIAM SWIETEK, DENMARK



## "THE HUSBAND-AND-WIFE TEAM THAT ROWED FROM MONTEREY TO HONOLULU IN 45 DAYS BLEW MY MIND — AFTER THAT, MARRIAGE WOULD BE A CINCH!"

### STRICT ON SMOKE

Regardless of a person's or player's stance on the issue of marijuana and its legality, these athletes are ultimately choosing weed over their careers ["The NFL's Pot Problem," by Ron Borges]. The players being penalized know that having marijuana in your system is against the league's policy and made a conscious choice to ingest it anyway.

DAVID MARTINEZ, CASTLE ROCK, CO

### HONEST ANTHONY

I'm not into cooking or reality shows, so I was never a big fan of Anthony Bourdain. But after reading "The Last Word," by Sean Woods, I have to say Bourdain seems like a cool guy with a great perspective on life — definitely not just another kitchen-show dude.

DANNY FREILOS, VIA MJ.COM

### ISLAND DANDY

Fleetwood Mac's drummer has certainly survived more excitement than most folks ["Fleetwood Mac's Mad Hatter," by Stephen Rodrick], but what was so touching about this article was how consistently everyone who knows him described his character. Stevie Nicks' summation that Mick came into the world as himself and will leave that way echoes Christine McVie's sentiment that "he's basically the same guy I've known for 40 years."

ANDREA MABRY, TUSCALOOSA, AL

### MASTER DETECTIVE

I learned more about James Ellroy's current dating life than his new novel, *Perfidia*, in "James Ellroy's Criminal Mind." I am delighted his mischievous spirit is still alive and well after all these years.

CARTER STINEL, ABERDEEN, MD

### LOVE FOR HADER

It's about time my favorite funnyman gets some recognition ["Bill Hader Gets Serious," by Reeves Wiedeman]. After so many successful scene-stealing years on *SNL*, it's inspiring he's not afraid to take a chance and do something more serious. The best comedians always seem to be the ones with a hidden dark side.

BRICE GALLAGHER, VIA MJ.COM

### JUST SAY NO

Kudos on the well-documented article about the scam that is largely the American health care system ["When to Say No to Your Doctor," by Joseph Hooper]. Everyone in America should have a copy of this article to bring with them to doctor appointments. Corporate industrial health care plays a corrupt game, and the real tragedy is that so much over-treatment does more harm than good.

BOB KATRIN, SOUTHERN PINES, NC

I was naive about all the possible risks associated with the PSA screening test. I had been urging my husband to get one, and this article shows how imperative it is to be educated about the risks involved with unnecessary testing.

DANIELLE SHEEVER, KEENE, NH



### EXTREME ROWING

Ironman competitors and marathon runners alike impress me with their perseverance, but the husband-and-wife team that rowed from Monterey to Honolulu in 45 days ["Rowing the Pacific," by Jesse Will] really blew my mind — after accomplishing that, marriage would be a cinch!

JOSH ROSEN, SCOTTSDALE, AZ

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# NOTEBOOK

DECEMBER 2014





# Paddling into the Rockies

IN THE MOUNTAINS of Alberta, Canada, the Hall of the Gods is a narrow stretch of jagged rock faces towering above pristine Maligne Lake. This September, photographers Chris Burkard and Jeff Spackman camped at a nearby bay hoping to catch the glacial landscape at first light. “We’ve never

seen early morning photos of that spot,” says Burkard. “I wanted to cross it off my bucket list.” They rose before dawn and kayaked for three hours in darkness to Spirit Island, an ideal vantage point from which to capture the Hall of the Gods to the south. “You come around one bend and it’s like the

mountains just go straight up on all sides,” says Spackman. “I don’t think it’s possible to properly capture how you feel in a place like that. Seeing the sun come up and the shadows move. Feeling the cold water as you’re paddling. Amazing, breathtaking — those words don’t even describe it.” —MARIELLE ANAS







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### The Portable Barista

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### The Unbreakable Camera

The **Ricoh WG-30W** captures sharp, 16-megapixel images, even 40 feet underwater, and survives drops from 5 feet and temperatures as low as 14 degrees. Plus, built-in WiFi lets you send images to your smartphone for fast sharing. *\$300; ricohimaging.com*

### The Thinner Table Lamp

The **Aerelight's** ultraslim OLED light panel glows bright enough to illuminate any workspace, but a tap on its sleek aluminum frame reduces the intensity to gentle, bedside-reading levels. The wood-veneer base doubles as a wireless charging pad. *\$239; aerelight.com*





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# The Longest Hour

Jens Voigt bikes nearly 32 miles in 60 minutes — then retires from cycling.

**A YEAR AGO**, veteran German cyclist Jens Voigt announced that the 2014 racing season would be his last. But he still found a way to finish his career with a final historic ride. On September 18, Voigt rode 204 laps on a wooden track in the Velodrome Suisse in Grenchen, Switzerland, to break “the hour” record: the longest distance biked in 60 minutes. His feat — 51.115 kilometers, or 31.76 miles — bested the previous record of 49.7 kilometers, set in 2005.

Voigt, who turned 43 the day before his attempt, is best known for his signature phrase, “Shut Up, Legs.” In 2009 and 2010, he suffered race-ending crashes in the Tour de France — in one case winding up with a concussion and a fractured cheekbone — while riding near the top of the

## RECORD BOOK

leaderboard. After such disappointments, breaking the record for the longest hour was a fitting capstone to a 15-year career. “It was a happy end,” he says. “I was fully operational until my very last day on the bike.”

Still, the punishing pace was unlike anything he’d experienced. The ache in his neck and elbows throbbed after 30 minutes, and he had to stand a few times to relieve his sore backside. “At the Tour de France you have stages,” he says. “You know that after

the mountain, it goes downhill, or the next corner you have tailwind or headwind. But this event is just one hour of, basically, pain.”

The quest to set the hour record dates back to 1876, when Frank Dodds covered 16 miles riding a penny-farthing around the grounds of Cambridge University. Over the next century, the pursuit of greater distances became an all-out arms race, with riders testing every position imaginable to gain greater aerodynamics. “It was the hardest thing I’ve ever done,” says Graeme Obree, whose efforts to break the record in the early Nineties was captured in the film *The Flying Scotsman*. “Most of my body went numb.”

In recent years, interest in the hour waned as the Union Cycliste Internationale, the sport’s governing body, tightened the regulations on gear and riding positions. But last spring, the UCI announced that riders could use modern aerodynamic equipment, and Voigt saw his chance to establish a new mark. Trek built him a fixed-gear bike with spokeless wheels and no brakes. His suit was so tight and streamlined that it took him 10 minutes with two helpers to squeeze into it. But once he was on the track, the technology could carry him only so far. “It’s you and the bike and going as fast as you can for an hour,” he says. “In its simplicity, it’s such a beautiful event.”

## Soloing the Arctic

A 41-year-old Dutch adventurer hikes, skis, and kayaks across northern Alaska.

This summer, Yuri Klaver of the Netherlands became the first person to cross Alaska’s remote Brooks Range — more than 500 miles from the coast to the Canadian border — by foot, ski, and kayak. The expedition was the second leg of a world-record journey to traverse the North American Arctic from Nome, Alaska, to Jacobshavn, Greenland.

During his five months in the Arctic, Klaver never saw a single person. “I’m used to loneliness,” he says. “I believe it’s actually safer to be alone — you can totally focus on your survival.”

For protection, Klaver bought a .44 magnum pistol when he first arrived in Alaska. It came in handy: A number of times he crossed paths with wolves and grizzly bears. “The gun gave me the courage to stand my ground,” he says. “I also used it to shoot a caribou, which provided about [20 pounds] of meat.” Still, he says, “the spring thawing was the severest danger.” While camping beside the Noatak River, ice blocks dislodged from the riverbed, unleashing a wall of near-frozen water. “Before I could put my feet in my boots, it swept through the tent,” he says. “It was freezing, and everything was soaked.”

Klaver plans to return next spring for the third stage of his journey across the “Roof of North America.” With his kayak in tow, he’ll attempt to ski over a thousand miles of Canada’s frozen archipelago toward the Inuit village of Taloyoak. But this trip across the tundra comes with a number of new challenges: Subzero temperatures could freeze the base of his kayak to the ground, and there is also a large population of polar bears. “There are so many things that could go wrong,” he says. “It’s probably more realistic to say I’m going to get as far into Canada as I can.” —JAYME MOYE



FROM TOP: PETER KLAUNZER/AP IMAGES; COURTESY OF YURI KLAVER



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The Syria Civil Defense team is required to rescue anyone: rebels, regime soldiers, even ISIS extremists.

# Training Syria's Elite Rescue Force

How a group of ill-equipped civilian volunteers has saved 3,700 lives since 2013.

**S**WEATING IN THE 104-degree heat in Adana, Turkey, former British infantry officer James Le Mesurier is training a group of average Syrians to become members of the U.S.-funded Syria Civil Defense (SCD) team, an elite crew of battle-ready first responders. It's September, and amid the confusion of President Bashar al-Assad's bombing campaigns against rebel factions and the U.S. airstrikes against ISIS, the 25-man SCD teams are working to save civilian lives. Le Mesurier's job is to get them ready — by re-creating an urban war zone at the SCD training center near the Syrian border. "We sourced all the materials to be exactly like what you'd find in Aleppo," he says, an unlit cigarette hanging from his

WAR

lips as he stands beside the course's broken concrete and twisted metal. "If you're not killed in the blast, you can get trapped and then die from dehydration, bleeding out, or organ failure within 72 hours," Le Mesurier, 43, lights up: "Syria. It's the Mount Everest of war zones — an absolute nightmare."

To help save Syrians on the front line, the U.S. has funded \$13 million so far in humanitarian aid to civil defense teams like the SCD. "It's one of the most important things we can do to increase the effectiveness and legitimacy of civil authorities in liberated areas of Syria," says Mark Ward, a senior State Department official leading the U.S. government's Syria assistance team. "It enables Syrian civilians to do something tangible in the face of the regime's atrocities.

There's nothing that brings a community together more than efforts to rescue people."

While the sun creeps overhead, Le Mesurier's trainees begin their day's mission: to break into the concrete and save a child. As the founder of the nonprofit Mayday Rescue, Le Mesurier hosts groups of Syrian civil defenders — former bakers, tailors, students, and ice cream vendors; "regular dudes," he calls them — at the training center, where they learn how to tunnel into collapsed buildings, put out fires, splint broken femurs, treat bullet holes, and tourniquet missing limbs.

Paid occasional stipends from local Syrian councils — often funded by donor governments like the U.S. — SCD members are required to work various jobs for a living

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when not responding to bombs. The volunteer force is also required to rescue anybody: rebels, regime soldiers, even ISIS extremists. “It’s absolutely true that the allies help fund a group that will rescue people they’re bombing,” Le Mesurier says. “Right to life is universal. According to the Geneva Conventions, even soldiers deployed in combat zones are instructed to provide first aid to enemy combatants, assuming they no longer present a threat.” But it’s innocent civilians who most benefit from the SCD. One of the trainees, Khaled Oman Harah, 29, relates a 14-hour odyssey of breaking through seven feet of concrete in Aleppo to rescue a 10-day-old boy. “After saving him, I couldn’t speak for a half hour,” he says. “I have kids. I cried.”

Hearing Syrians’ wartime stories is what compelled Le Mesurier to start the training center. Born in Singapore and raised in England, he followed his father into the military, graduating at the top of his class from the prestigious Royal Military Academy Sandhurst and then joining the Royal Green Jackets — the U.K. equivalent of the U.S. Army Rangers. Le Mesurier was deployed in Northern Ireland and Kosovo, but it was in Bosnia where he realized humanitarian aid was more effective at quelling war than an army. He left the military, worked for the UN and then the EU, but soon became disillusioned with “organizations that no one can describe as effective.”

Le Mesurier eventually began working for private security companies like Good Harbor, run by Richard Clarke, the former Bush administration counter-terrorism czar who famously accused Bush and Cheney of committing war crimes. Instead of the guys-with-guns operations of the private security

**From top: Le Mesurier at the SCD training site in Turkey in September; trainees practice search-and-rescue drills.**

world, Le Mesurier led “humanitarian portfolios and odd jobs.” He trained several thousand citizens to become the oil and gas field protection force for the UAE, designed security infrastructure for Abu Dhabi — “everything from the potential of sea-level rise to political uprisings, shit you just don’t think of, so you’re sitting down with futurists in New York talking about what the world will be like in 30 years” — and ensured the safety of the 2010 Gulf Cup in Yemen, a regional soccer tournament held in the midst of fears of a potential Al Qaeda uprising. But eventually Le Mesurier became dissatisfied and wanted to make a more direct impact on the communities he was working in. “At the end of the day, that market is about guys with guns,” he says. “The idea of being a civilian carrying a weapon and guiding a convoy in a conflict zone — that leaves me cold.”

Syria proved the perfect fit for Le Mesurier. In 2013, with help from Turkey’s elite natural-disasters response team, AKUT, and \$300,000 of seed funding from Japan, the U.K., and the U.S., he launched the first seven-day SCD course to teach 25 vetted Syrians how to deal with the chaos erupting around them. Within two days of finishing Le Mesurier’s course, they saved their first life in Syria. Now over 700 Syrians have gone through the training process and rescued more than 3,700 people from the country’s bombed-out rubble, using anything at hand from Leatherman tools to fire trucks. “They are ordinary members of the community who had a choice about how they were going to deal with their set of circumstances: Pick up a gun, join one of the militias, become a refugee, run away, or stay and do this,” he says. “They stayed. They are absolute fucking heroes.”

The SCD pledge to help anyone in need is crucial to Le



Mesurier. He believes the SCD has to maintain its autonomy within the country, and that includes limiting his own role — he has not set foot within Syria since the revolution began. Le Mesurier fears his presence alongside the team would compromise its local integrity. “One of the most challenging things is preventing outside political actors from trying to co-opt civil defense,” he says. Everyone from ISIS imams to provincial councils has tried to use the SCD to their own gain. “If that happens,” he says, “the whole operation is undermined.”

Although one in seven SCD members can expect to be killed or severely injured, the teams have a 98 percent retention rate. “These are things these guys have to deal with on a daily basis,” Le Mesurier says, pulling out his smartphone to check in on recent trainees now operating in Syria. He scrolls through the latest updates: How many strikes today? How many dead? Our guys have any injuries? Le Mesurier looks up and says, “One of the Idlib guys was badly burned.” He shows a picture. Aside from two eyes and a mouth grinning at the camera, it’s just white bandages wrapping a body.

Le Mesurier puts away his phone and lights a fresh cigarette as the team breaks through the concrete and tunnels inside. “None of my previous jobs have had the same impact as civil defense,” he says, smiling as the trainees emerge triumphantly from the drill. “In a very direct and obvious way, lives are being saved. It’s easy to justify to myself why this is meaningful work.” ■

**“THEY ARE ORDINARY MEMBERS OF THE COMMUNITY WHO HAD A CHOICE: PICK UP A GUN, RUN AWAY, OR STAY AND DO THIS. THEY ARE HEROES.”**







## TODAY'S FORECAST



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CRIME

shoulder and points the barrel at the top of the stairs. He racks the slide — *shack-chuck* — and says, “If that’s not the most frightening sound!”

As a former computer-crime reporter for the *Washington Post* and the author of the new book *Spam Nation*, Krebs has broken some of the decade’s biggest cyber-security stories. He was the first journalist to reveal the U.S. government’s role in Stuxnet, the virus that attacked Iran’s nuclear program. And he once identified a Russian hacking group responsible for sending about 75 percent of the world’s spam. His blog, Krebs on Security, which he launched in 2009, is a leading source of cyber crime news for nearly a million readers.

Krebs, to all appearances a polite, Southern-born 42-year-old, can be obsessive about his beat and often approaches his work more like a spy than a reporter. He adopts online aliases to infiltrate criminals’ Web forums, and he is just as likely to cultivate sources in the illegal hacker community as among law enforcement. “Krebs is definitely dancing with the devil,” says Tom Kellermann, a former data-risk analyst at the World Bank. “He’s walking a fine line between the righteous and the nonrighteous.”

In the past year, there has been an unprecedented rise in consumer cyber crime, and Krebs has led the coverage of most of it. Last December, he reported that thieves had stolen 40 million credit card numbers from Target’s database. In September, he noticed account numbers of Home Depot customers for sale in criminal forums, and within a week the company confirmed the theft of more than 56 million card numbers. A month later, JP Morgan, the largest bank in the United States, admitted that personal information associated with 83 million accounts had been captured this summer. “JP Morgan spends a quarter of a billion dollars a year on cyber security,” says Krebs. “And not even they can keep the bad guys out.”

According to Krebs, the problem is spam. A single spam email can give criminal hackers access to an entire system. Typically, cyber thieves send a target company’s employees a barrage of bait emails, which at first glance look like a piece of internal correspondence. “Even the most low-tech hackers in the world are really good at this,” Krebs says. “They send a spoof message from ‘the boss’ that reads, ‘You have to read this now.’ *OK. Click.*” Krebs whistles like a bomb about to explode. That’s all it takes for the world’s largest companies to lose control of a network and the protected information of millions of people.

# Cyber Detective

Journalist Brian Krebs operates like a spy to uncover online theft, and shows us how we can protect ourselves.

**SOME PEOPLE THINK** I’m stupid for what I do, but I tend to think they overplay the risks,” says Brian Krebs, the internet’s most prolific computer-crime journalist. It’s early fall in Virginia, and Krebs is in his home office, holding a 12-

gauge shotgun. On his desk are five computer screens, one of which is dedicated to the security cameras monitoring the split-level house he shares with his wife. In a swift, practiced motion, Krebs pivots into the open doorway, raises the shotgun to his



Every day, hundreds of thousands of new strains of malicious software, or malware, are uploaded to the internet. While users now spend about \$70 billion a year on cybersecurity, computer crime costs businesses and individuals around \$400 billion a year. That's about a fifth of all the revenue generated on the Web. "Cyber crime has become a lot more organized than people think," Krebs says. Without more people exposing the culprits, he adds, the flood of malware could come to dominate traffic, forcing some to abandon the internet entirely: "People might perceive that it's too risky to be online."

In light of that, surprisingly few gov-

ernment resources are devoted to fighting consumer cyber crime, which is why many security experts find Krebs' work indispensable and why criminals attack his site on a daily basis. "Cyber security is not really about vulnerabilities in software or technological attacks," says Dmitri Alperovitch, who founded the cyber-security firm CrowdStrike. "It's about adversaries — individuals and groups. It's a personal crusade for Krebs, but these people need to be arrested."

Back in his office, Krebs has replaced the shotgun in its case, next to an old banjo. The screen on his desk displaying the security feed fades to black as Krebs recounts a re-

cent showdown with a credit card scammer called the Fly. Last summer, after Krebs surreptitiously gained access to one of the Fly's chat forums, the Fly mailed a funeral arrangement of flowers with a condolence card to Krebs' wife, and a gram of heroin to Krebs as a setup. (Krebs called the police and avoided the sting.) "I was like, OK — who is this turd?" he says. After some searching, Krebs published the Fly's identity on his blog. "Hey, dickhead," Krebs emailed the Fly. "How about I send a package to your wife?" One faithful reader, a federal law enforcement agent, then sent Krebs a message: "The Fly has been swatted." ■

## Self-Defense

Krebs says up to 20 percent of personal computers in the U.S. are infected with malware, which gives bad guys access to your computer and network. Here are three of the most important ways to stay vigilant and keep yourself secure.



### EMAIL

Your email account is like a skeleton key for your entire online existence. Criminals can use your hacked email account to get a reset password for your banking, social media, and online shopping accounts. Make sure that your email requires multilevel authentication, and use complex passwords to defend your inbox at all costs.



### PASSWORD

If you have 15 accounts, you need 15 passwords. Mix upper- and lowercase letters with symbols and numbers. Also consider using an encrypted password manager, such as KeePass, RoboForm, or Password Safe, that stores and protects passwords for all of your accounts but requires you to remember only one log-in.



### DOWNLOADS

The rules for downloads are simple: If you didn't go looking for it, don't install it. If you installed it, update it. If you don't need it, delete it. And never click on unknown links or pop-ups. "You wouldn't buy a product online without doing some basic research," Krebs writes. "Be certain you're not signing up for more than you bargained." —B.P.

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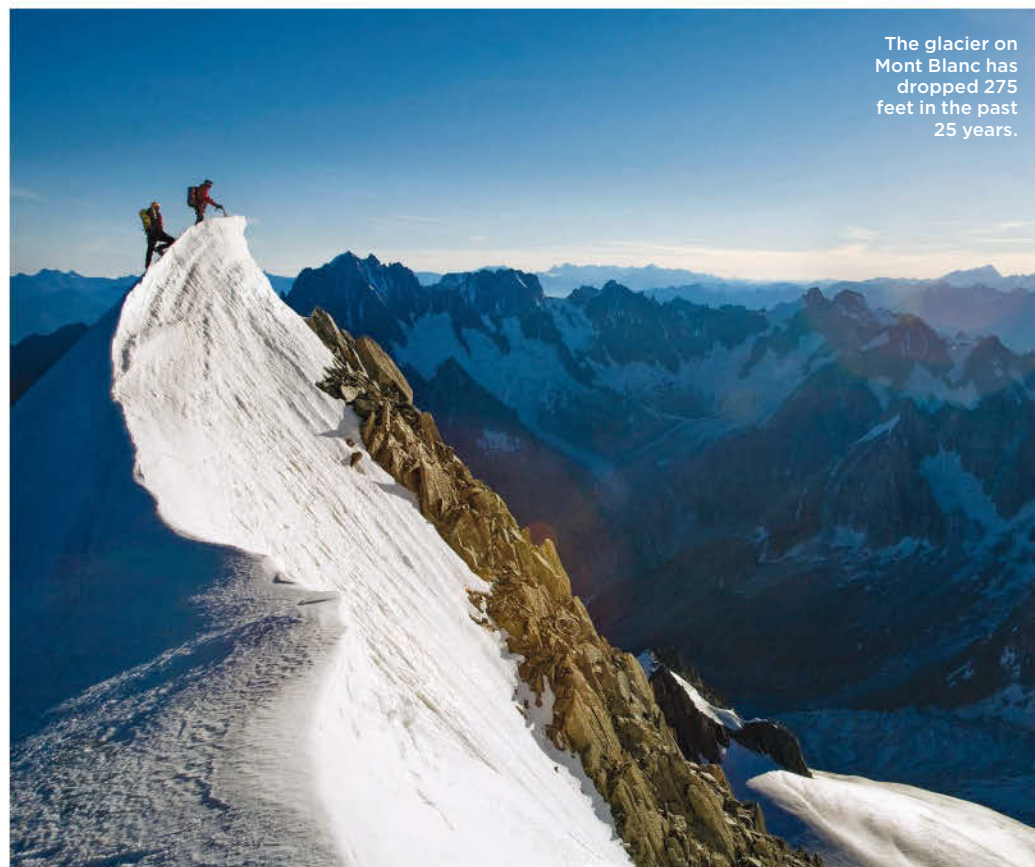


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# Are the Alps Crumbling?

Rising temperatures are causing more rock slides on the world's biggest mountains.



The glacier on Mont Blanc has dropped 275 feet in the past 25 years.

**T**WO DAYS AFTER a good snowstorm, Chamonix guide Denis LeRoy leads a 10-mile descent through Vallée Blanche, one of the best off-piste ski trips in the world. The sun shines brightly on the face of the glacier as we make turns in untracked knee-deep powder. It's so pristine that it's easy to ignore the signs of trouble: Rocks keep rattling down from the moraines, which rise on both sides of the run. A few hundred yards later, the snow turns to dirt, and LeRoy slides to a stop. "Every year the level of the glacier drops," he says. "The mountain faces are thawing and breaking off."

## DISPATCH

The glacier on the surface of Chamonix's crown jewel, Mont Blanc, which helps support a number of iconic rock formations, has lost 275 feet of depth in its lower stretch over the last 25 years. Even more serious, the mixture of ice and rock set deep within

the world's tallest mountains, known as permafrost, is melting as well. When permafrost thaws, cracks in the mountains refill with water, and the ensuing cycle of freezing and melting slowly pushes the rock apart. "It's like a frozen turkey in that the surface warms more quickly than the center," says Antoni Lewkowicz, the president of the International Permafrost Association. "And very little can be done about the subsequent debris flows."

The French mountain town of Chamonix — famous for its backcountry skiing, ice climbing, and wingsuiting — is known as the world's death-sport capital. But in recent years, another major hazard has been its crumbling topography. In 2003, a rash of rockfalls closed a popular climbing route on Mont Blanc — one climbing website called it the worst year on record for mountain travelers — and since then things have only gotten worse. In 2005, another major route

on Chamonix's towering Bonatti pillar fell off. The following year, a chunk of the nearby Eiger mountain sent 900,000 cubic yards of stone roaring into the valley. Last March, boulders broke free on the Pas de Chèvre slope — just up the hill from where LeRoy led his group — killing one skier and seriously injuring another.

The situation seems particularly bleak in the Alps, where more people visit mountains at high altitude, but similar melt is happening around the world. In the U.S., permafrost is thawing in the highest reaches of the Sierra Nevada, the Rockies, and mountain ranges throughout Alaska. Mark Williams, a geography professor at the Institute of Arctic and Alpine Research at the University of Colorado, has studied per-

mafrost in the mountains around Boulder for more than 20 years. "There is much less permafrost now, and we attribute that to warming air temperatures," he says. "You get a very large increase in rockfall, and that, in turn, has a very large impact on hiker and climber safety."

In Chamonix, officials are searching for ways to predict and prevent rock slides. Motion sensors have been placed on the pillars of the cable car on Aiguille du Midi, which takes visitors to a spire high above the valley. Similar systems are now being installed on a number of other lifts. Guides like LeRoy have helped to build reinforcements on overhanging boulders and steep slopes, and constantly assess the integrity of the area's many trails and climbing routes. Still, the warmer it gets, the more likely it is that rocks will fall. "We need to change our behavior," LeRoy says. "Mont Blanc is a mirror." ■



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# New Year's Eve Escapes

Whether you want sun, snow, or city lights, here are your best bets for easy getaways.



New Year's in Nashville brings out all the local legends, including Old Crow Medicine Show.



## OFF-THE-GRID GETAWAY

### NORTHERN MAINE

**Why:** If you want to get off the grid, there's no better place than on an 80-mile network of north woods ski trails.

**What to Do:** The routes are connected by four backcountry lodges, operated by Maine Huts & Trails, that are spaced perfectly for an easy three-day jaunt.

**Where to Stay:** End your tour at Stratton Brook hut, the only one of the lodges with a view of the New Year's Eve fireworks at nearby Sugarloaf ski resort — and a champagne toast at midnight.

## OLD-WORLD STREET PARTY

### QUEBEC CITY, QUEBEC

**Why:** This sleepy 400-year-old city comes alive for New Year's, when its old-world plaza, the Grande Allée, fills with DJs, revelers, and pop-up restaurants. It's like a street party in France.

**What to Do:** The east's best skiing is just outside town, at Le Massif de Charlevoix, with 2,526 feet of vertical. If food is more your thing, try the amazing French-Canadian fare at Aux Anciens Canadiens.

**Where to Stay:** No inn has more Gallic charm or is closer to downtown than the Auberge Saint-Antoine.

## DESERT PLAYGROUND

### PALM SPRINGS, CALIFORNIA

**Why:** Think of it as your can't-miss adventure escape: The city has everything from cycling to golfing to climbing (Joshua Tree is just 45 minutes away).

**What to Do:** Mecca Hills Wilderness, a Utah-like slot canyon 40 miles south of town, has a dozen hiking routes. The best is the 4.3-mile Ladder Canyon loop.

**Where to Stay:** The upscale Ace Hotel, with its pre-party on December 30 and a DJ on New Year's Eve.

## MUSIC CITY BASH

### NASHVILLE, TENNESSEE

**Why:** New Year's has become Music City's biggest night, with nearly every one of its 120-plus venues hosting a great show. Plus, there's the sixth annual Bash on Broadway, a free-for-all street concert with midnight fireworks.

**What to Do:** The only thing as good as the music is the food, and the prix fixe menu at Capitol Grill is one of the most decadent in town. But the best new place is Rolf and Daughters, a rowdy Italian joint in Germantown. For a slightly more intimate bash than the one on Broadway, check out Old Crow Medicine Show at the 120-year-old Ryman Auditorium.

**Where to Stay:** The boutique Hutton Hotel is ideal: close enough to downtown that walking is easy but far enough away that you escape the chaos on Broadway.



## SOUTH-OF-THE-BORDER WINE TOUR

### ENSENADA, MEXICO

**Why:** There's no better place for a beach-and-wine getaway than this city in Baja California that's known as the Napa Valley of Mexico.

**What to Do:** There are more than 50 wineries to visit. Just make sure to stop at Casa de Piedra, with a stone barn that serves as the tasting room, and known for its tempranillos. For sand and surfable waves, San Miguel Beach is a sweeping strand 15 minutes from the city.

**Where to Stay:** Avoid the cruise-ship crowd and stay at Hotel Endémico, just outside town, which has 20 private studio cabins — each with its own deck — on a desert hillside overlooking the 40-acre vineyard.





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A Coast Guard crewman and Navy scientist track an ice cap's melt in the Chukchi Sea off Alaska.



# Adventures in a Damaged World

Three great 2014 books from McKenzie Funk, Elizabeth Kolbert, and Naomi Klein spotlight the explorers, scientists, and billionaires charting our new reality.

**M**OST OF US GREW UP with ominous tales of the unpredictable planet future generations might inherit if we didn't cut back on fossil fuels — but that tomorrow-land of hypothetical superstorms and permanent heat waves is pretty much the world we're now living in.

Rather than merely lamenting the ways in which the Earth is changing due to climate change, a handful of journalists, explorers, and entrepreneurs have been striking out to nearly every corner of the globe to take measure of our new terrain. These explorations yielded some of the best books of 2014. They all grapple with the crisis of global warming; they all find reasons to be hopeful; and they all offer readers vicarious adventures around the world — from Canadian war games in the newly thawed Northwest Passage (McKenzie Funk's *Windfall*) to night dives along the Great Barrier Reef (Elizabeth Kolbert's *The Sixth Extinction*) to finding Blockadia, a vast network of roving fossil-fuel protests (Naomi Klein's *This Changes Everything*).

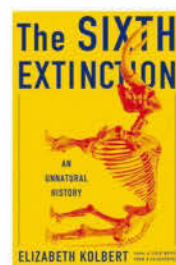
## BOOKS

Funk goes to where the old world is unraveling fastest, launching his investigation into the economic “upside” of global warming — those nations, corporations, and scientists poised to benefit from a warming Earth. He explores the Arctic, where the big melt is unlocking vast potential reserves of mineral wealth, and dines with warlords and hedge-fund managers buying up future farmland in Central Africa in anticipation of food shortages. Funk also visits the dazzling labs of visionary geneticists and engineers who argue that it's time to meddle more, not less, in the natural world — by implementing Bond-villainesque techno-fixes like mutant mosquitoes and artificial volcanoes that will spew a milky haze into the atmosphere to dim the sun.

In *The Sixth Extinction*, Kolbert chronicles how, over the past half-billion years, there have been five major extinctions — and now the sixth great die-off is under way. But this

time, “one weedy species” (that's you and me) is to blame for the cataclysm. “Those of us alive today,” writes Kolbert, “are not only witnessing one of the rarest events in life's history, we are also causing it.” Kolbert travels from Panama to the Amazon and beyond, plunging into the mysteries of this extinction with a keen sense of dread and fascination, reminding us that our most lasting legacy will be which species and ecosystems we choose to preserve, and which to let go.

In *This Changes Everything*, Klein pins down what climate change means in a market-driven world, examining the ways in which big business overlaps with environmentalism. At the 2011 meeting of the Royal Society, billionaires gather to discuss “technological Plan B” options like giant “carbon sucking” machines and enormous hoses to spray sulfate aerosols into the stratosphere to cool the planet. Klein calls for a reordering of the economy with a radical vision shared by all these authors — hope for the rise of a new activism that's less about fighting climate change, and more about the survival of our species in the strange new world of its own making. ■





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## NOTEBOOK



by FRANCIS LAM

# Scallops Simplified

A perfect sear is easy to achieve — just increase the heat.

**I**F YOU COOK SCALLOPS even a little too long, they're better passed across a hockey rink than a table — at least that's the common rap. Which is a shame, because nothing is quite like a well-seared scallop: tender and creamy-sweet, with a caramelized edge. They're also way easier to get right than you think.

The trick? Maximize the heat while minimizing the time. Scallops can take a lot of it — just be sure to give them plenty of space in the pan.

Here's how to sear them right every time, along with a recipe for a buttery cider sauce that's perfect for seafood.

## FOOD

## SCALLOPS WITH CIDER SAUCE

1 large shallot, minced  
2 tbsp sherry vinegar  
 $\frac{1}{2}$  cup quality apple cider, plus a little extra  
3 sprigs fresh thyme  
Salt, as needed  
 $1\frac{1}{2}$  sticks butter, cut into  $\frac{1}{2}$ -inch pieces  
1 lb dry sea scallops (see "How to Buy," left)  
Vegetable oil, as needed

## FOR THE SAUCE

1. Set a saucepan over medium heat and add the shallot, vinegar, cider, thyme, and a pinch of salt. Reduce until syrupy, 10 to 15 minutes.
2. Turn heat to low and whisk in a few pieces of butter at a time, until they're all incorporated.
3. Cover and move to the back of the stove.

## FOR THE SCALLOPS

1. Blot scallops with a paper towel until dry, then season one side with salt.
2. Place a large sauté pan over medium-high heat and coat the inside well with oil. When the first wisps of smoke rise from the oil, raise the heat to high and add scallops, salted-side down.
3. Let sear undisturbed for 2 to 4 minutes. When the undersides are deeply browned, season with salt and flip.
4. Sear the other side for 1 to 2 minutes, until the scallops are bouncy but still tender.
5. Remove to a plate; drain oil from the pan.
6. Add a splash of cider to the pan, and stir with a wooden spoon. Add the juice to your sauce.
7. Serve the scallops with sauce drizzled on top.

## HOW TO BUY SCALLOPS

The two things you need to know:

## 1. Get them fresh

Good ones will be ivory-colored and smell clean — i.e., not like fish.

## 2. Make sure they're dry

"Undipped" or "dry" scallops haven't been treated with a preservative that causes them to take on water. Dipped ones sweat when cooked, and they'll never brown correctly.





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by MIKE RUBIN



# NBA's Inside Man

Former star point guard Jalen Rose has found a new calling as the league's most well-connected commentator.

**J**ALEN ROSE HAS come a long way since bursting onto the national scene as the Fab Five point guard who helped the Michigan Wolverines reach back-to-back NCAA Finals. After playing for six teams over 13 pro seasons, the 41-year-old Detroit native has emerged as a lead analyst for the NBA on ABC. And in his spare time, he's founded a charter school, produced documentaries for ESPN's *30 for 30* series, and launched a podcast on Grantland. "I felt like I needed another outlet from my suit-and-tie-Disney-but-toned-up look," Rose says. "I want my media to be raw and uncut, and I want to articulate it in a spectacular, vernacular Detroit style."

On his podcast, Rose's irreverent mix of game recap, talent assessment, and inside scoops on upcoming player deals has

earned him a huge following. When LeBron James announced his decision to return to the Cavaliers, Rose was among the first to forecast the string of trades that sent the draft's first pick, Andrew Wiggins, to the Minnesota Timberwolves in exchange for forward Kevin Love. "Getting information is just about being current and knowing a lot of the people involved," says Rose. "I've fostered relationships around the league for over 20 years. And when you treat the 15th man on the roster like you would a Hall of Fame-caliber player, everyone respects that."

**Your podcast feels off-the-cuff. How do you prepare?**

Having grown up a hip-hop fan, I feel like I should be able to freestyle if I'm very knowledgeable and I'm good at what I do. I don't have a laptop in front of me. I just go. That's

who I am if you had a chance to kick it with me and watch sports. It's just that I'm at work, so the beer is replaced by water.

**Do players get angry about what you say about them on the air?**

That happens. There was a time when I had friends in the league who would text me because they felt like I gave them a hard time. And I just texted them the box score: You got 6 turnovers, you were 3 for 14, and y'all lost by 7, so was I supposed to give you a Hall of Fame speech today?

**How did you make the transition from playing to broadcasting?**

I played in the Finals in 2000, scoring over 20 points a game. In 2002, I was covering it, interviewing the Nets and the Lakers. I had a contact at the BET network and pitched them the idea: "All you've got to do is send the camera. I'll shoot the B-roll on top of the building where I'm staying. I'll get access to practice. We can interview Shaq. We'll get Phil. All I need you to do is send out the camera." They did it, and they liked it. I used that as my sales pitch the next year for *The Best Damn Sports Show* on Fox.

**Are you still in touch with the members of the Fab Five?**

I won't go into family business, but I'll say what's public. Right now me and Chris [Webber], we're not necessarily seeing eye-to-eye. He felt like I should have done a couple of things differently, and I felt like he should have done a couple of things differently. He should have been in the Fab Five documentary. It would have been a great opportunity for him to tell the story unfiltered. He chose not to do that. I'm pretty sure he's kicking himself in the butt because he wasn't in it.

**Your 30 for 30 discussed the NCAA's decision to vacate the Fab Five's wins because Webber took loans from Detroit businessman Ed Martin. Did you know what was going on?**

I introduced Chris to Ed Martin. So of course I knew what was going on. Ed Martin — who I love, rest in peace, and I love his wife, as well — was giving back to the community 10 years before I came along. Me and Chris decided we were going to the University of Michigan at Ed Martin's house. All Chris had to do was tell [the grand jury] the truth. That's why I'm not mentioned in any of that. I told the truth.

**How should the NCAA address the issue of paying athletes?**

I think there should be a \$2,500 stipend each semester. If the incentive is to graduate, why not give students an incentive to

Q + A



stay and graduate? I remember being at the Final Four and I was watching them do the pregame stuff on Louisville and they were talking about [coach] Rick Pitino's horse running in the Kentucky Derby. And the first thing I thought was, "Hmm, a lot of players helped him buy that horse."

### What was the inspiration for starting your Detroit charter school?

When I was [in high school], we were going to practice in the summer against Country Day. And I'll never forget driving on those windy roads past Cass Lake, and I was like, Wait a minute! Are they on boats and Jet Skis right now? I might as well have been in Hawaii. I wasn't exposed to that. A lot of people don't get the anger that comes from poverty. When you're educated, it allows you to be more worldly. It's more than just what happens in a classroom.

### Your father played nine seasons in the NBA. Is it true you didn't have contact with him?

My father, Jimmy Walker, was the first pick in the 1967 draft, but I never met him. He

passed in 2007. I found out about him in middle school. I was old enough to understand who he was, where he went to college, and what his game was about. Older players like Bill Russell and Kareem Abdul-Jabbar have come up to me to talk about him.

### What do you do as the ambassador of the National Basketball Retired Players Association?

There's a special room in the Hall of Fame for retired players like Bill Russell, Michael Jordan, Larry Bird. When the rest of us retire, people are sitting at the bar going, "He's

tall. Did he play?" The key to being a retired player is planning while you're still a current player. I'm hopefully here to help deliver that message.

### Have you ever considered coaching?

I would love to be in minority ownership with the Detroit Pistons. That's one of my goals. And I would love to be in a position to help put a team together, whether as a president or general manager. But I also know that I have the temperament for

being a coach. I love being in the fire. I love hearing the gym shoes squeak.

### Which teams do you think will play in the NBA Finals this season?

If Derrick Rose is able to play at an All-NBA level, I would have to give the Bulls the edge coming out of the East. They have cohesion. They have defensive toughness, and I think they are better in the interior than the Cavs. But if Rose is not able to do that, then I would clearly go with the four-time MVP LeBron James. And I'm going to have to give the Spurs a chance to get their first repeat.

### Will the Knicks make the playoffs?

I think they will. Carmelo Anthony gets a lot of ribbing for "not being LeBron," but you can only go with the hand that you're dealt. All top-caliber teams — the Spurs, the Cavs, the Bulls, the Clippers — have three All-Stars. Perennial playoff teams have two All-Stars. The Knicks only have one, Carmelo Anthony.

### Is it true that you never curse?

I actually stopped when I was playing for the Bulls. My team was struggling, and I was watching the tape, and I was yelling at the opponent, yelling at the ref. And I just didn't like the way that looked. ■

**"I WOULD LOVE TO HELP PUT A TEAM TOGETHER AS A PRESIDENT OR GENERAL MANAGER."**

## YOU'RE DOING IT WRONG

# How to Chainsaw a Tree

Cutting wood should not mean literally risking life and limb. Tirso Rojas, a wildfire fighter in California, shows us the safest way to fell a tree.

**EVERY YEAR**, there are over 30,000 chainsaw-related injuries nationwide. That means a lot of chainsaw-wielding homeowners are making haphazard cuts straight across the trunk, probably without reading the tree's natural lean. We asked Tirso Rojas, a California firefighter

who spends summers cutting trees on the fire line, to break down his technique. The first order of business, he says, is getting a hard hat, some Kevlar chaps, and a freshly sharpened chain. "Sharp chains make smooth cuts," he says. "Smooth cuts are safer." —KYLE DICKMAN



**SIZE UP** Look up to determine the tree's natural lean — that's the direction it wants to fall. The right lie (where you aim it) will account for that lean to avoid nearby trees, houses, and people.

**AIMING CUT** Make a level cut at about thigh-level, perpendicular to the direction of the tree's lie. The cut should be one-third of the way through the tree's diameter — more, and it falls too quickly; less, and it might not fall that way at all.

**FACE CUT** Six to eight inches above the aiming cut, run the saw down at a 45-degree angle until the ends of the two cuts meet. Remove the piece of wood.

**BACK CUT** On the opposite side of the tree, spot your chainsaw two inches higher than where you made your aiming cut (about waist high) and make a final flat cut. Stop two or three inches before meeting the face cut, leaving an even strip of wood connecting the tree to its stump. This acts as a hinge.

**FALLING** You might need to drive in a wedge. When the tree starts to fall, walk away at an angle. "Make sure the top doesn't break off and knock your lights out," says Rojas. A fibrous strip — the remnant of your hinge — is all that should be on the stump's smooth surface: "Your stump is your signature."

# Craft Beer's Next Wave

Innovative brewers are experimenting with wild yeasts, barrel aging, and low-alcohol, easy-drinking “session” beers. Here’s your guide to the best brews in America.

**Y**OU MAY NOT KNOW IT, but we’re in the middle of a craft-beer renaissance. The number of breweries in the U.S. has doubled in the past five years, to more than 3,000. It’s not uncommon for local bars to carry 40 or more beers on tap, with handles changing weekly. And the beer cooler at your liquor store? There are now as many options as in the foreign-wine aisle. “It’s the best time in recorded history to be a beer drinker — period,” says Matt Brynildson, brewmaster at Firestone Walker, a Paso Robles, California-based juggernaut that snaps up best-beer awards with Usain Bolt-like regularity. “The creativity factor is at an all-time high.”

Beer geeks are having a blast, too, because adventurous brewers are experimenting with everything from wild yeasts — whether found in the air or on the walls of the breweries themselves — to using rum and chardonnay barrels to add layers of complexity. A happy result of all this experimentation is that microbrews have become a lot more fun to drink. All those overhopped IPAs and robust stouts that have been the mainstay of the craft world are giving way to friendlier, lighter styles, like crisp German lagers and lower-alcohol IPAs.

Where should you start? Here’s all you need to know about this new generation of craft beers, including a look at brewing’s hottest trends and our list of the 10 beers you need to try right now.

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At Firestone Walker, low-alcohol IPAs are some of the brewery's bestsellers.

## IPAs Get Lighter. And Tastier.

Low-alcohol session beers are making ales easier to drink.

For years, the overhopped IPA was the mainstay of the craft beer world. They tasted great (most of them, that is). But downing two of them left you a little, shall we say, bloated. More than three, and dinner was out of the question. Not to mention driving.

That's why the arrival of session IPAs — beers designed specifically so that drinkers can enjoy a few in a single session — is such a refreshing change. These ales are leaner, brighter, and drier than the IPAs you've come to expect.

"Think simpler, flavorful, well-made beers that aren't going to burn out your palate," says Dave McLean, of San Francisco's Magnolia Brewing Company, which just launched a beer-focused

barbecue restaurant, Smokestack, where the list is loaded with food-friendly session ales. Such brews achieve lightness by cutting down on grains that boost alcohol and adding what brewers call late-addition hops, which are hops added for aroma at the end of the brewing process. The resulting beers retain much of the oomph and tang of bigger beers, minus the alcohol (and calories).

The new versions, like Go to IPA, from Escondido, California's Stone Brewing Co.; Easy Jack, from California's Firestone; and All Day IPA, from Grand Rapids, Michigan's Founders, are not merely defanged, they're recalibrated and leave the palate drier and thirstier for another sip. And some barbecue. —CHRISTIAN DEBENEDETTI



## Beer Gets the Barrel Treatment

Wood casks are now mellowing everything from ales to saisons.

Aging beer in bourbon barrels has long been popular with burly imperial stouts, due to the wood's ability to mellow the higher-alcohol brew. But brewers have discovered that everything from bitter IPAs to sour ales and Belgian-style tripels can benefit from wood aging. In addition to bourbon casks, which can overwhelm those lighter styles, brewers are turning to merlot, chardonnay, rum, and even aquavit barrels, adding new layers of flavor.

Take Nebraska Brewing. After the brewery made a pineapple-scented Belgian strong ale, "it took about a second till the idea to marry the beer with a chardonnay barrel entered my thoughts," says co-owner Paul Kavulak, of his Mélange à Trois. Apple-brandy barrels give Golden Delicious, from New York's Captain Lawrence Brewing Company, a subtle tartness, and rum barrels add a hint of molasses-like sweetness to Rumpkin Ale, from Colorado's Avery Brewing. The result is a class of complex beers that are also friendly to mainstream drinkers. —JOSHUA M. BERNSTEIN



## The New, Complex Lager

Cold brewing comes to the craft world

Craft brewers have largely gravitated toward heavier varieties like stouts and IPAs, drawn by their richness and complexity. The humble, easier-drinking lager, on the other hand, was largely overlooked.

But that's beginning to change. "People associate lagers with cheaper beer," says brewmaster Jack Hendler, of Framingham, Massachusetts-based Jack's Abby Brewing. "But almost anything an ale can do, a lager can do better." Founded three years ago, Jack's Abby has won awards for every style from smoked beer to porter. But it's also gained a reputation within the industry for its craft lagers.

It's true that lagers — which include brew styles like pilsners and bocks — don't have the same depth of flavor as ales. But because they are brewed for longer periods at colder temperatures, lagers emerge crisper and cleaner. The process can also be more precise, allowing brewers to highlight specific attributes, everything from a subtle citrus flavor to sheer bitterness, without overpowering them. Hendler's Hoponius Union, for example, will give any of the famous West Coast ales a run for bitterness, without the heaviness. "With an IPA you have a mix of hops taste and fermentation taste; it can get a little muddled," says Hendler. "With the lager yeast, the hops really shine through."

Brewmaster Mike Gerhart, of Otter Creek Brewing Company in Middlebury, Vermont, which this year added the insanely popular Citra Mantra IPL to its lineup, likens it to the difference between red and white wines. "The red — the ale — has more fruity, rounded flavors," he says. "The white is crisp, clean."

And now they're both being made with the same obsessive attention to truly great flavor. —BILL MCKIBBEN



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## The 10 Best Beers Now

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### AVERY'S JOE'S PREMIUM AMERICAN PILSNER, Colorado

**Pilsner, 4.7% ABV**  
Boulder-based Avery updated this classic European style by adding spicy German Hersbrucker hops, then canning the concoction. The result is an easy-drinking brew with a grassy bitterness, perfect for drinking in the sun.

### LAGUNITAS NEW DOGTOWN PALE ALE, California

**Pale ale, 6.2% ABV**  
Dissatisfied with the original Dogtown Pale Ale, Lagunitas overhauled the recipe by using a modified version of its IPA brewed in honor of the 40th anniversary of Frank Zappa's album *Kill Ugly Radio*. The result: fresh, citrusy bliss.

### SIERRA NEVADA KELLERWEIS, California

**Hefeweizen, 4.8% ABV**  
Most brews are fermented in closed vessels, minimizing oxygen exposure. Not so Kellerweis, a wheat beer that rests in open steel tanks. Given airy freedom, the yeast creates profound flavors of cloves and bananas, resulting in America's most complex Hefeweizen.

### BOULEVARD TANK 7 FARMHOUSE ALE, Missouri

**Saison, 8.5% ABV**  
Belgian-born brewmaster Steven Pauwels excels at crafting his homeland's classic style, the saison. This one, named for its birthplace in a particularly finicky fermentation tank that Pauwels brewed in, is fruity and zesty, and surprisingly complex.

### DESCHUTES BLACK BUTTE PORTER, Oregon

**Porter, 5.2% ABV**  
Back in 1988, this Bend brewery opened shop with its smooth, chocolatey porter that is named after a nearby volcano. The beer blew up, and more than a quarter-century later the porter remains Deschutes' dark jewel and an enduring favorite.

### STONE ENJOY BY IPA, California

**Double IPA, 9.4% ABV**  
This is a classic old-school craft brew, with a dankness that hops heads will love. But in an effort to maximize the IPA's aromatics, Stone built in a self-destruct date, a mere 35 days after bottling, prominently emblazoned on the label.

### BELL'S TWO HEARTED ALE, Michigan

**IPA, 7.0% ABV**  
Named after the renowned Michigan trout river, Bell's IPA stems from a 1993 home-brew experiment by employees Rik Dellinger and Rob Skalla. Utilizing Centennial hops — which have a grapefruit-like flavor — this IPA is exceedingly well balanced.

### GOOSE ISLAND BOURBON COUNTY STOUT, Illinois

**Imperial stout, 13.8% ABV**  
To commemorate Goose Island's 1,000th brew, in 1992, head brewer Greg Hall aged an imperial stout in bourbon barrels. The result, layered with vanilla, charred oak, and chocolate, was an instant cult hit, so much so that it hasn't changed since.

### FOUNDERS ALL DAY IPA, Michigan

**Session IPA, 4.7% ABV**  
Over 15-plus years, Founders has built its rep on heavy-hitting brews full of flavor and, yes, booze. But seeking to deliver that taste without the alcohol, the brewers spent nearly three years tweaking the recipe for what became this aromatic, easy-drinking IPA.

### NEW BELGIUM SHIFT PALE LAGER, Colorado

**Lager, 5.0% ABV**  
By pairing a lager's brisk, refreshing profile with the fruity flavor of New Zealand's Nelson Sauvin hops, New Belgium has given this mass-market style an almost tropical facelift, creating possibly the greatest canned beer available in the U.S.

## Brewing's New Frontier

Wild yeast deepens the flavor of sour beers.

Not too long ago, double IPAs represented the outer limits of brewing. Now that mantle is being taken over by sour beers. These tart brews use wild-yeast strains, usually found in the air or in aging barrels, to help ferment the beer, a technique that is in direct opposition to most brewing, which is done in a totally sterile environment. Because of their wild nature, sour beers also take significantly longer to ferment:

Whereas most ales are produced in 14 days, these brews can take up to two years.

Sour beers tend to be make-or-break experiments, which is why breweries that favor them — like Colorado's New Belgium, Wisconsin's New Glarus, and California's Lost Abbey — produce only a limited quantity. The beauty of the sour beer is that you never know what you're going to get — and that uncertainty includes the brewer's. —J.M.B.



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Waterbury's Prohibition Pig brewery and restaurant has upwards of 15 Vermont beers on tap.

## The Napa Valley of Beer

How a tiny corner of northern Vermont became a craft-brew mecca.

**I**N THE EYES OF many beer drinkers, the best brewery in the world can be found in tiny Greensboro, Vermont, population 760, past an unmarked intersection and an old farm field. And if you want to visit, be prepared to wait — because Hill Farmstead Brewery doesn't generate customers so much as converts, pilgrims who travel great distances and line up for hours, waiting for a chance to fill their growlers with the latest of brewmaster Shaun Hill's creations.

"The first time we came here, my phone died, but I still had the image of the map kind of frozen on the screen, so I found it," says Brendan Attlebury, who often treks four hours from his home in suburban Boston to fill up his growler. "It was the dead of winter, and we had to wait two and a half hours in the cold. But we got our Twilight of the Idols on tap."

If you want to get technical, Hill Farmstead is now only the second-best of the roughly 16,000 breweries in the world; it fell one spot in this year's RateBeer ranking. The number one spot is occupied by

AleSmith, in San Diego. But another top brewery, Lawson's Finest Liquids, is in Warren, just 60 miles south. And the Alchemist, the maker of one of the world's single top-rated beers — a bewitching double IPA called Heady Topper — is located in between, in Waterbury.

That all of these are in a corner of Vermont is no coincidence. The state has become the beer capital of the U.S., perhaps of the world. What Silicon Valley is to technology, Vermont is to beer. And it makes Napa look tame by comparison: You don't hear about people lining up for hours to get the latest cabernet.

It all began more than a decade ago when the Alchemist, the precursor to Prohibition Pig, opened as a small pub in downtown Waterbury. "I came here the first time in 2007, with my wife," says brewer Nate Johnson. "We were the only ones

here, and I ordered the Heady Topper — if it's blowing people's minds now, think about what it was like to drink it in 2007."

Before long, the Alchemist was crowded all the time, and the owners began canning their signature brew. But in 2011, Hurricane Irene hit, creating one of Vermont's worst natural disasters ever. The pub, along with much of Waterbury, flooded disastrously.

Rather than rebuild, the owners sold it to Johnson, who changed its name to Prohibition Pig and kept on brewing. More craft brewers have followed suit. Today, Vermont has 38 breweries, a 30 percent jump from last year. Hops-crazed Asheville, North Carolina, by comparison, has just 20. Portland, Oregon, that bastion of beer nerds, has 63, but with a population that's nearly four times as large. What's more, so many of Vermont's breweries are truly amazing: Fiddlehead. Zero Gravity. Lost Nation.

"Every time I think Vermont beer is going to slow down, it doesn't," says Johnson. "It just accelerates."

Why Vermont? Part of it has to do with the inexpensive real estate. Combine that with a new generation of artisan craftsmen — cheesemakers, beekeepers, woodworkers — relocating to their utopian ideal, and you start to see the pattern. One great brewer begets another great brewer, and their beers keep raising the bar.

The state's old-guard craft brewers — Long Trail, Magic Hat, Otter Creek — once contented themselves with brewing pretty good beer in the mold of Samuel Adams. Now they're raising their game, and fast. Long Trail released Limbo, a new IPA with hops from Australia, and Otter Creek's new double IPA was brewed in partnership with Lawson's Finest Liquids.

Back outside Hill Farmstead, the license plates come from as far away as Florida. "I'm on a first-name basis with guys from, like, Chicago," says Phil Young, who's filling growlers from a tap. "They drive here, fill up, drive back. They call it the Cannonball Run."

In line are a pair of young brothers from Enosburg, in a rural area of Vermont that somehow doesn't have a brewery. But maybe soon. Ryan and Steve Salminen say they've already brewed about 100 gallons, and they're making repeat visits to Hill

Farmstead to dissect how the master does it.

"If the market's not too flooded, we'd love to join in," says Ryan. "Either that, or we've got a great plan for a designated-driver service," says Steve. ■

**"EVERY TIME  
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ACCELERATES."**





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# Heal Thyself

Can you simply decide not to be sick? Diagnosed with a chronic heart condition, a longtime athlete decides to find out.

**T**HE SICKNESS SETTLED in subtly. I'd had a sore throat, fever, and congestion in the early fall of 2007, followed, a few weeks later, by an odd inner-chest rattle that my wife, Bex, noticed while I slept. The more overtly troubling signs, however — the weight loss, the “ghostly gray” complexion that friends would only later feel free to remark on — somehow escaped both Bex and me, lost, I suppose, in the image-amending myopia that sustains any close marriage. Even after experiencing a sudden shortness of breath while walking one December evening to a pizzeria near my home in Brooklyn, I still suspected nothing more than a recurrence of the pneumonia I'd suffered 10 years earlier.

A few days later, I was sitting at the edge of the doctor's examining table, dutifully breathing in and out to the cold march of the stethoscope across my back, confident that I'd soon be sent home with a prescription for antibiotics.

“Hmm...” I could now hear the doctor saying. “Your lungs are perfectly clear.”

More presses of the stethoscope, some quizzical head tilts, and then I was being wired for an electrocardiograph. I watched the doctor watch the furling ECG readout. We've all seen our share of these over the years from routine physicals. This looked nothing like those. This was the cardiac equivalent of a 7.2-magnitude earthquake.

“I don't know what's going on,” the doctor said. “But your heart is all over the place.”

I was told to return the next day, a Friday — December 14, 2007, my 52nd birthday — for an echocardiogram to get 3-D sound-wave images of the heart. The results were not encouraging. In an average healthy heart, the “ejection fraction” — the percentage of blood pumped out of the heart's left ventricle with each beat — is about 60. My heart, I was told,

was registering at only 18 percent. I was in the final, most extreme stage of heart failure.

Dire news induces the strangest sensory whiplash. Your mind careens between desperation and denial. I clung to the latter. How does one go from a sore throat to death's door? Aside from the shortness of breath and the nightly chest rattle, I really didn't feel all that bad. There was no way these readings were right, and I was determined to prove it at the next day's scheduled stress test.

I'm an old jock. In high school, I was offered a tryout with the Pittsburgh Pirates. I

was recruited by a number of colleges to play football. I decided against it, but back in 1988, I was able to live out my ultimate jock fantasy when I was asked by my friend John Sayles to play the Cincinnati Reds catcher Ivey Wingo in his movie *Eight Men Out*. I hit a single in game one and feign a key strikeout later in the series. You can check it out for yourself.

The stress-test physician — a tall, slender brunette in a tight-fitting skirt — may as well have been my fat high school football coach, perched at the top of the running hill at the end of another steamy August double session,



ESSAY



screaming high-pitched inanities like “You don’t really want it!” The physician wired up my chest, got me on the treadmill, and flipped the go switch. I’d show her the way I once did the coach, day after blistering day, reeling off 10 straight first-place ascendancies.

“Stop,” I now heard her shout, the treadmill slowing to a halt. “Get off. I’m sorry. Your heart was behaving way too erratically. I couldn’t take a chance.”

She placed me in a wheelchair, then pushed me down an outer corridor toward the waiting room. An image flashed in my mind of my 78-year-old mother being wheeled out of the operating room seven years earlier, having just learned that her lung cancer was inoperable. Wigless, she looked from behind like a frail felled nestling, her right arm flinching with each angry fist punch into her lapped left palm.

Allow me to commence here with the clichés: my life’s lowest moment. A cosmically dark joke. Here’s how dark: My mother, at least, lived until nearly 80. My father succumbed at only 59 from, yes, heart failure. I knew heart failure — my father’s struggles and my own pathetic heart paranoia and hypochondria, demons I eventually decided to slay by writing a damn book about the heart. As part of my research, I’d spent hours at the Columbia-Presbyterian Hospital in Manhattan one winter with the hospital’s transplant-waiting-list patients, all of them tethered to IV poles that pumped drugs directly into their dying hearts to keep them beating. “Pole people,” they called themselves. Even at rest, they were exhausted. They gained weight without eating, their extremities pooling with fluid for lack of circulation. Often at night, unable to lie back and sleep for fear of drowning, they’d wheel down the hallway to the solarium to watch out the window for the threads of ambulance lights through the city streets below, wondering which one might be bearing their last chance at life.

Somehow I’d become one of my own book’s subjects, had either worried my heart sick or inherited the same disease that had sickened my father’s. Neither scenario, however, turned out to be the case. I had, I soon learned, contracted a heart virus. There are a number of such viral assailants but only three possible outcomes. Some of those stricken regain full heart function. Others get partial restoration, a kind of limbo in which they then try to maintain the heart function they have left with the help of medication. The rest join the pole people at the solarium window. Victims typically know which outcome will be theirs within nine months of becoming sick.

Far worse for me than the iffy odds was the news that there was nothing I could do physically to get better. No defiant charges up the hill to quiet my antagonist. No cardio exercise regimen to work my heart back to health. My

only recourse was anathema to me: a kind of vigilant inaction during which it was hoped that a combination of medications and rest would give the heart a chance to repair itself.

**THE SUBSEQUENT SIX MONTHS** passed in pale, shimmering twilight. Even a modest walk from our Brooklyn apartment down Eastern Parkway to the Long Meadow of Prospect Park would set off prolonged flurries of skipped heartbeats, the resulting breathlessness making days flicker and flare all white, like unsprocketed film through a projector. My medication only heightened this effect, lowering my blood pressure to the point where I was on the brink of passing out. I was in a fugue state that somehow made the mutual game of denial that both Bex and I had now begun to play easier, as if the whole business were just a really bad dream I’d soon be waking from.

Inside, of course, I was terrified. Being so close to death had rendered me a rat at a tray of poison, trying now to find sustenance from what was sickening me, feeling suddenly grateful for what had previously seemed my

## **EACH DAY, I'D GO OUT, WALK, AND NOT DIE: A FAIRLY CLEAR-CUT REGIMEN THAT DEFINITELY HAD A WAY OF BUILDING ON ITSELF.**

life’s deficiencies. The fact, for example, that Bex and I had not had children. Now, at least, she’d be the only one abandoned. At the same time, I had become so perversely caught up with what was happening to me, I had no time for her concern. It was as if I were having an affair with my own malady.

By the end of that first summer of sickness, my ejection fraction was only up to 25. My heart was steadier, less skippy. Still, I would have to remain on medication for the rest of my life. I knew enough both from my father’s experience and my own heart research that the long-term prognosis for those dependent on heart medications isn’t very good. My cardiologist surely knew this as well. Every time I’d broach the subject, he’d deflect my questions with vague comments about varying outcomes and everyone being different, or the dubious assuagement that, given my relatively young age and the good condition of my other organs, I was “an excellent candidate for a transplant.”

Condemned now to an ongoing twilight, I fell into a deep depression. The deletion of

my physical vigor was soon robbing me, in turn, of my mental vitality, underscoring just how muscular the act of writing really is. If that was no longer available to me, I had no idea what I was going to do. And then, one late-autumn morning, I abruptly stood up from my desk in the midst of what were typically my prime writing hours and decided to go instead for a walk. I felt as though I were about to board a plane for a far-off land, perhaps never to return. Bex, a work-at-home writer like myself, intercepted me at our apartment door.

“Where the hell are you going? You never go out at this hour.”

“I don’t know,” I told her. “I’m just going out.”

I ended up only about a mile away, down at the Prospect Park Zoo, sitting in the Animals in Our Lives indoor pavilion, transfixed by the meerkats. They live in a glassed-in, climate-controlled simulacrum of their typical Kalahari Desert day: a clan of 20 or more happily foraging about, playing games of chase through a hollowed-out log, occasionally standing bolt upright in that hyperalert, head-swiveling meerkat lookout pose. It was as though their displacement had never happened, as though nothing were any different.

To be healthy, it occurred to me, is to be fully immersed in the motion picture of our days. Since my very first diagnosis, all I’d been hearing were the sounds from the projector room, wondering if the motor was going to give out. However pale an imitation of my former life I was now living, I had to find a way to somehow wholly commit to it.

**ALL THROUGH MY DIAGNOSIS**, subsequent testing, and recent prognosis, no one had ever explicitly spoken to me about what I could or could not physically do. Only that exercise wouldn’t make a whit of difference for my heart where the actual damage had been done: at the cellular level. Still, the brain being its own alignment of cells, can’t we, I began to wonder, argue a bit with our own biology? As grave illnesses go, my viral assault had left me in a fairly privileged place: diminished, yes, yet not wholly incapacitated. Aren’t there instances, I wondered, in which those with a sickness can consciously will themselves away from its effects? The mind and the flesh being one, it would, I thought, be like a body of water trying to work itself up into a wave — one that might eventually break and settle again on some former, more familiar shore.

One often hears stories of mental healing, of overcoming physical illnesses through sheer will. There was, however, no regimen I knew of for such a process. I’d simply try not to be sick. Clearly, I wouldn’t be training for a marathon; even a light jog was out of the question for me at that point. Daily walks, however, seemed doable. I’d simply go out




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walking. Armed with a heart-failure dog tag and a cell phone, I'd bid Bex goodbye and set out. I'd have no particular destination in mind. It was more about getting out, seeing how far I could go, and then getting back home.

After that summer's middling echo result, a discussion had ensued about whether I should get an implantable defibrillator. People with ejection fractions as low as mine, the doctor explained, are more prone to fatal arrhythmias. A sudden electric jolt to the heart could save my life. It struck me, at first, as a no-brainer. Then the doctor began detailing the downsides, including frequent errant shocks and recurring infections. Many other patients, he also warned, experienced a tyrannical hyperawareness, as he described it, of the threat of sudden death. That, I thought, is precisely the thing I'd been determined to overcome. I told the doctor I'd rather take my chances.

That decision lent those daily outings of mine a certain high-wire-act feel. I was terrified at first to venture far. The meerkats became a safe and frequent go-to. The perimeter walkways of the nearby Brooklyn Botanic Garden were another. Whatever my heart was making of all this, I, at least, began to feel steadier and more sound, fully immersed in my days, seeing life again, greedily, gratefully.

And then one Sunday evening in late July, my older brother, Robert, called and delivered the kind of jolt no heart wants. Marion, he said, the youngest of our four sisters, long plagued by anxiety and depression and, at age 48, still living by herself, had jumped to her death from the roof of a six-story parking garage. My walks expanded greatly after that. Somehow, the ferocity of my sister's death and of my own aggrieved and deeply confused anger over it, fueled in me an equally ferocious will to live. Each day, I'd go out, walk, and not die: a fairly clear-cut regimen that, if nothing else, definitely had a way of building on itself.

By the time I returned to the doctor later that fall for what would become my regular six-month checkup, I was walking an average of two miles a day and had worked my way back to 50 of my former 70-straight push-ups. The doctor couldn't get over how well I looked, remarking that there was no way my ejection fraction could still be 25 percent. We then proceeded down the hall to the echo room and, in what was to become a sickening routine for me over the coming years, I watched his crestfallen face read the same lackluster numbers.

I had entered a new twilight phase: an inexplicable disparity between what my heart's readings said and the way I felt. Soon, I was walking the entire 3.4-mile ring road around Prospect Park, eschewing our building elevator for the six flights of stairs to our apartment, and doing the full complement of

70 push-ups. By the spring of 2010, the very doctor who'd originally warned me about, among other things, the risks of flying for someone in my condition, gave his blessing to an expedition to Baja, Mexico, to research a story about Pacific gray whales. The following year, I was off to the jungles of Kenya for a story about elephants, and then to Ethiopia to write about ancient farming practices.

Back at the cardiologist's office every six months, we'd go through the same paces: Vital signs good. Blood pressure perfect. ECG normal. We'd then make the slog over to the echo room. Amazed comments from my doctor about how he knew people with my ejection fraction who were in wheelchairs were anything but heartening. I didn't know whether to feel flattered or fraudulent. Any day, I kept thinking, this extended grace period will end and the real heartbreak will set in.

By now I was seeing the cardiologist just once a year, each December right around my birthday: a convenient if bittersweet way of marking both the years since I first fell ill and the remarkable persistence of my half-heartedness. Indeed, two Decembers ago, with all of my test results still holding steady, I finally asked the doctor if we couldn't just skip the echo this time around.

"Look," the doctor said, "it will only take a few minutes."

Lying on the examining table, I rolled onto my left side, stared at the wall, and waited. Every so often the echo's imaging wand was lifted from my chest, and I'd hear the doctor fiddling with knobs before resuming.

"Wait," he said. "This can't be right."

The doctor had me get dressed and then escorted me to a more sophisticated machine to certify the figures he was seeing. He ran them through three times before averaging the results. He then printed out a copy and handed it to me.

"You'll want that as a keepsake," he said.

My ejection fraction was now between 45 and 50. It had doubled. My doctor had never seen anything like it and was at a loss as to how to explain it.

"Whatever it is you're doing," he said, "keep doing it."

I read once that the heart has a sort of brain, too. Or at least a deep muscle memory. Transplant recipients, it is said, regularly adopt the personality traits of their donors. Why then, I had often wondered, couldn't my heart recall its role in my former life? My cardiologist, when I'd first posited this notion to him years earlier, thought it quaint. Now I find myself falling back on those vague dodges of his about varying outcomes and everyone being different. I'm ultimately as clueless about my recovery as I was when I first got sick. All I do know is that I've somehow worked myself back into life's picture. I refuse to take the role lightly. ■



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# HEALTH & FITNESS

by  
**TYLER  
GRAHAM**



## How to Injury-Proof Your Body

How “prehab” strengthens muscles, corrects imbalances, and allows you to push your performance to a new level.

**I**N 2011, **MATT FORTE**, star running back for the Chicago Bears, made an appointment with physical therapist David Reavy. “His knee was bothering him, and he didn’t know why,” says Reavy, who works with top NBA and NFL players. “He disregarded that soreness as normal, and like most athletes, he walked it off, because that’s what he was told to do.” After all, an achy knee isn’t so bad for an NFL running back — especially considering that Forte was a four-season veteran in a sport in

which many running backs average just two and a half years.

Within minutes Reavy could tell that Forte’s problem had little to do with a bum left knee. It turned out that the 218-pound athlete’s body was radically unbalanced. A year earlier, Forte had pulled his left hamstring, which caused his left quad to weaken (the reason for his knee pain). The couplet of a weak quad and a tight hamstring, in turn, pulled Forte’s pelvis into a backward tilt. That tilt made it harder for his abdominal muscles

Chicago Bears’ Matt Forte working with physical therapist David Reavy. Forte credits Reavy for making him “one of the most durable running backs in the NFL.”

to engage, which undercut his ability to stabilize and balance. And because of the weakness in his core, Forte’s lats weren’t firing properly. “He was essentially playing a professional sport on one leg and at half his body’s capacity,” Reavy says.

Using a combination of deep-tissue massage and movements designed to “wake up” the muscle fibers in Forte’s quads, abs, and lats, Reavy worked to balance Forte’s body. And to ensure the same injuries didn’t come back, he created a 15-minute routine of activation exercises to keep the running back’s body aligned and his muscles fully firing. Says Forte: “Dave was telling me things about my body, making connections, that no one else had before; he found the root of the problem.”

# Are You Out of Balance?

We asked top physical therapists for the problems they see most — and the easiest ways to realign.

## HUNCHED SHOULDERS

To assess posture, injury specialist and kinesiologist Rick Kaselj says to ask someone to take side profile photos of you. Your earlobe, shoulder, and hip should be in alignment on both sides. Take another set of photos with arms raised overhead; if your arms don't line up with your ears, that also suggests an imbalance.

## THE SOLUTION

Lie on your back with your feet flat on the floor and a pillow above your head. Raise your arms overhead and press them into the pillow 10 times for a few seconds each. Repeat. Do this daily, and you'll help pull your shoulders down and back, and counteract the effects of the typical hunched-forward sitting position.



## TIGHT HIP

Physical therapist David Reavy says this is a common problem for men. To test yourself, lie face up on a table with your knees bent and legs hanging over the side. Raise one knee to your chest; your opposite leg should remain on the table. If the leg creeps upward, that's a sign of tight hip flexors. Check both sides.

## THE SOLUTION

To improve range of motion and release tension in your psoas muscle (a major contributor to tight hips), lie face down with a lacrosse ball two inches inside and down from your hip bone; lean into the ball. Bend your knee to a 90-degree angle and swing your foot left to right. Do two minutes on each side, four or five times a week.



## UNEQUAL LEG STRENGTH

Nearly everyone favors one side, but too much asymmetry leads to injury, says Dr. Peter Gorman. Try this move to see if you're at risk: Stand on one leg and raise the other in front of you as high as you can; hold it for 15 seconds. Test the other side, and take note of differences in height and difficulty.

## THE SOLUTION

Here, the test is the answer. Practice the hold on your weaker side, concentrating on lifting the leg higher and holding it up longer. Once that's easy, try it with your eyes closed. Then stand on a pillow or BOSU ball to add a balance challenge. Keep this up daily until your legs are as equal in strength and stability as possible.



Reavy's prescription is something fitness pros call prehabilitation — a regimen of exercises and stretches designed to prevent injury (and thus the need for rehab) by creating more balance, flexibility, and strength. If Forte's experience is any indication, the results are powerful. Last year, he rushed for 1,339 yards, received for 594, and scored 12 touchdowns. It was his sixth and best season yet. "I do the moves, and I feel lighter, and the next day at practice I'm jumping and running better," says Forte, now 28. "It's changed my career. I hope to play 12 years in the NFL, which is unheard of for my position."

Even if you're not a pro athlete, a little prehab can go a long way. Many of us suffer from nagging aches and pains in our should-

ers, backs, hips, and knees — and yet continue to shoot hoops, play tennis, or work out at the gym. Often we have imbalances that we don't even feel (the most common: glutes that don't fully engage during squats or while running up a hill, because of days spent at a desk). Without intervention, those old injuries, sore spots, and turned-off muscles can lead to serious problems, such as meniscus tears, arthritis, and slipped or ruptured discs.

**"BEFORE YOU ADD STRENGTH, POWER, OR SPEED, YOU MUST ADDRESS MUSCLE BALANCE. WHEN PEOPLE DO IT BACKWARD, THEY BREAK."**

"Before you try to add strength, power, or speed, you must address muscle balance," says Reavy. "When people do it backward, that's when they break."

The idea makes common sense, yet prehab remains pretty rare. "It doesn't burn calories, it takes time, and it can hurt — there's pain that comes with addressing a tight muscle or scar tissue," says physical therapist Jill Miller. "A lot of us just want to get to the gym and lose weight." But that mentality is beginning to change, among gymgoers and therapists alike, says Dr. Peter Gorman, a physical therapist who works with Olympians, NFL players, and pro tennis players at CourtSense, a tennis club and fitness center in northern New Jersey. "For years, most therapists and doctors have been practicing reactive medicine," says Gorman. "Now it's not about saying, 'I'm the best at treating an ACL injury, but I'm the best at preventing an ACL injury.'"

Gorman estimates that 90 percent of sports-related injuries are due to training and playing with muscle imbalances, though many of them are tough to detect. He's developed a high-tech way to uncover them. His device is called OptoGait, and it measures an athlete's rhythm, balance, strength, and power. Two one-meter-long lines of electronic sensors are placed on the floor to create a lane, and an athlete stands between them and performs exercises like jumping or marching in place. The sensors detect whether the athlete is lifting one foot off the ground faster than the other or has more explosive power on one side. After a series of tests, Gorman can tell which muscles are and aren't firing, and can personalize his therapy accordingly. The tool provides such a training edge that pro athletes from skier Ted Ligety to sprinter Mo'Nique Farah to outfielder and 2013 National League MVP Andrew McCutchen have used the OptoGait to fine-tune their bodies.

Fortunately, you don't need fancy sensors to pinpoint imbalances. These days, you can ask for a basic movement screening test in nearly any gym or physical therapy office, the most popular of which was developed by physical therapist and strength coach Gray Cook. His Functional Movement Screen (FMS) consists of seven basic movements — think squat, lunge, twisting the torso — and acts as a common standard to judge movement patterns. On Cook's website, FunctionalMovement, you can locate a trainer or PT near you to administer the test,



or you can use his pared-down 10-minute video to test yourself. "It's the American way to find shortcuts and hacks, but there's no getting around being able to perform these movements — they're essential for any athlete to perform well," says Cook. Each movement in the DIY test is pass-fail, and if you do fail, Cook provides simple solutions and exercises to address asymmetries.

So how do you know if you need prehab? For physical therapists like Chris Delehanty, owner of Physiofitness in New York City, that's like asking how you know if you need to go to the dentist. "You get a checkup to prevent cavities, right? This is the same idea," he says. "It's not just for injured old people or for post surgery, it's for an athlete. You can get a basic functional movement assess-

ment, then get a plan to stay healthier and in your sport longer. That can happen in one session," says Delehanty. He laughs, "We're not shoveling any shit here."

Perhaps the best reason to embrace prehab is to discover the same thing Matt Forte did: what your body is actually capable of doing. "Guys come to me saying, 'My flexibility isn't that great,' or 'I'm not made to be a fast runner,'" says Reavy. "Well, no — you've just developed so many restrictions by reinforcing the same bad movement patterns that you've reduced your ability to do those things well." Correcting your unique imbalances provides the physical equivalent of a clean slate, says Reavy. "Then you can find out exactly how strong, fast, and fit you can really be." ■

## Essential Prehab Gear

New body-balancing tools that allow you to identify and fix aches, pains, and muscle weaknesses.



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### "SMART" COMPRESSION

**Athos** makes compression tops and shorts with sensors capable of detecting your muscles' engagement while you run, play a sport, or lift weights. It's easy to see if your right hamstring is firing more than your left during a dead lift, or if your core's gone sloppy while you sprint. A small tracking device sends the data to Athos' accompanying app. \$199 for tracking device, \$99 per garment; [liveathos.com](http://liveathos.com)



### BE YOUR OWN PT

Two books out this month provide prehab know-how. Jill Miller's *The Roll Model: A Step-by-Step Guide to Erase Pain, Improve Mobility, and Live Better in Your Body* gives illustrated moves to release pain and immobility in major myofascial hot spots. In *Ready to Run*, physical therapist Kelly Starrett walks you through targeted moves to increase the range of motion and strength in your ankles and legs.



### A BETTER FOAM ROLLER

The **Vyper**, a new prehab tool from Hyperice, takes foam rolling to a new level with battery-powered vibrations — you choose levels from mild to intense — to engage more muscle fibers as you use it to knead achy quads, hams, and lats. Plus, it feels pretty damn great. \$199; [hyperice.com](http://hyperice.com)



### GROUP THERAPY

At boutique gym Equinox, you can take **Rx**, the group-class version of a physical therapy session, created by trainer and PT Jill Miller. During the 30 to 60 minutes, you'll use rollers, resistance bands, and lacrosse balls for bodywork that provides the "3 Ms" — massage, mobility, and maximal performance. Miller will launch a similar group class this January in 24-Hour Fitness gyms nationwide.

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# The New Power Breakfast

Can adding a scoop of butter to your coffee really be healthy and taste good?

**I T SOUNDS INSANE** — blending your morning coffee with chunks of butter and a spoonful of coconut oil. But so-called bulletproof coffee is fast becoming the go-to power breakfast. Fans say drinking just a cup of the stuff yields hours of energy and zero snack cravings. The experts are on board, too.

“The fat from the butter and the oil creates a filling effect, and the coffee’s caffeine helps release that fat into your bloodstream so it can immediately be used as energy,” says Paul Arciero, director of the Human Nutrition and Metabolism Laboratory at Skidmore College. The omega-3 fatty acids in the butter and co-

conut oil may help reduce inflammation and lower your LDL cholesterol, adds Arciero. Research shows the oil specifically can boost your metabolism by up to 5 percent, helping you burn an extra 120 calories a day. And now that research has made it clear that a main contributor to heart disease is sugar — found readily in carb-heavy breakfast foods and juice — and not fat, butter-laced coffee may be the ideal morning meal.

Though bulletproof’s appearance is relatively recent in the U.S., Tibetans have fueled up on buttery drinks for centuries. That’s how Bulletproof creator Dave Asprey stumbled upon the idea in 2004. “What converted me was watching these Sherpas, some of the toughest human beings I have ever

seen, live mostly on a mixture of yak-butter tea for days on end,” says Asprey. “It tasted creamy, good, and strangely rejuvenating; I felt better on that trip than on any other high-altitude trek.” Asprey returned home and workshopped his own version with coffee, and now his recipe is sold in more than 50 local coffee shops nationwide, with legions of fans from celebrities to pro athletes. He plans to roll out Bulletproof storefronts early next year, beginning in Santa Monica.

Until then, the best way to try the drink is to brew a fresh cup at home. Basic Bulletproof requires just three ingredients and a blender. If you’re more ambitious, try *Men’s Journal* columnist Laird Hamilton’s souped-up recipe, below. ■

## NUTRITION

### BASIC BULLETPROOF

2 tbsp grass-fed butter

1 tsp coconut oil

1 cup hot coffee

Combine the butter and oil with coffee in a blender.

### LAIRD HAMILTON'S SUPERCHARGED COFFEE

1 tbsp grass-fed butter

1 tsp coconut oil

1 tsp red palm oil

1 tsp MCT oil

1 cup hot coffee

Hamilton swears by the additional oils in this recipe to stay energized and full. Put the butter and oils in a cup, pour in coffee, and steam to melt and mix the ingredients.



FOOD STYLING BY MATT VOHR FOR HALLEY RESOURCES



NUTRITION

# Healthy Coconut Snacks

Get an energy boost without loads of sugar.

**I T BEGAN WITH** coconut water. Then coconut milk and sugar became nutrition fads, and people even started putting the oil in their coffee. Now it seems every other snack on store shelves contains coconut. Why is it so good for you?

For starters, both the meat and the oil are high in fat, particularly a saturated fat called lauric acid. "This keeps you satiated, but unlike other kinds of fat, it's easier to digest, which boosts your metabolism," says Andie Bernard Schwartz, a New Jersey-based dietitian. "Lauric acid has also been shown to control blood sugar, keeping your energy levels in check." Coconut is likewise high in fiber and has essential nutrients, like manganese and potassium, and, while filling, it's still light — you're not going to fall into a food coma after eating a coconut snack.

There's a caveat to those benefits. Manufacturers are churning out products with coconut knowing people automatically think these snacks are healthier, Schwartz says. "Many of these foods don't contain much actual coconut but *do* have a lot of sugar and hydrogenated oils." Check labels for 10 or fewer grams of sugar and zero trans fats, or just shop for our picks, at right.



## 1. COCONUT MANNA

A creamy, delicious spread with one ingredient — pureed coconut. We like Nutiva's Organic Coconut Manna on toast and in sandwiches or smoothies.

## 2. COCONUT CHIPS

Crunchy shredded pieces of toasted coconut with a nutrition profile that beats any traditional chip's. Look for brands that use minimal ingredients, like Dang Foods Toasted Coconut Chips.

## 3. COCONUT-MILK YOGURT

Instead of flavored yogurts (which can be packed with sugar, chemicals, and 200-plus calories), try the unsweetened, dairy-free version from So Delicious. It's thick, creamy, and flavorful on its own; plus it contains 25 percent of your daily calcium.

## 4. COCONUT-MILK ICE CREAM

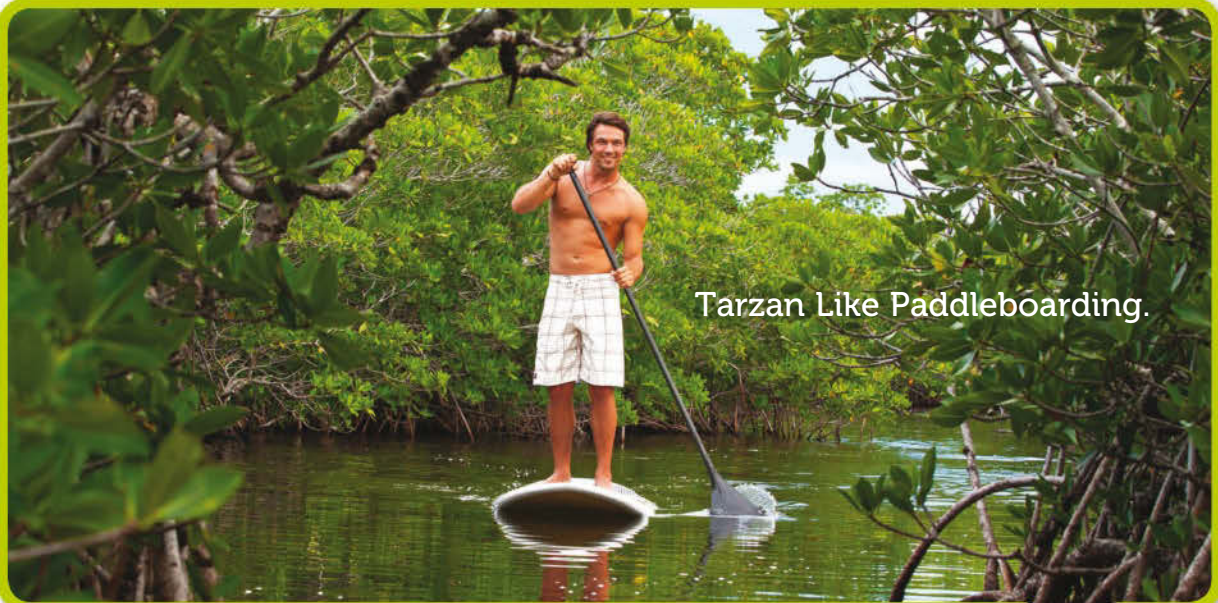
While most ice creams are loaded with things you can't pronounce, this rich, nondairy dessert typically contains only a handful of natural ingredients, like our pick, Luna & Larry's Organic Coconut Bliss.

## 5. COCONUT "BACON"

Craving something savory? This crispy coconut-flake vegan snack from Phoney Baloney tastes delicious, though not exactly like bacon.

—SARAH TOLAND

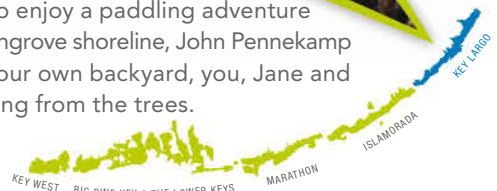
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by JOEL WARNER

# Get High, Train Harder

Meet the latest performance-enhancing drug: marijuana.

**F**OUR TO SIX TIMES A WEEK, elite triathlete Clifford Drusinsky wakes up at 3 AM to train. But before he sets out, he opts not for a sports drink but for 20 milligrams of THC in a marijuana energy bar. By the time it kicks in, 30 minutes later, he's started an hour in the pool, a three-hour bike ride, or a 13-mile run. "Marijuana relaxes me and allows me to go into a controlled, meditational place," says Drusinsky. "When I get high, I train smarter and focus on form."

Drusinsky's weed-fueled regimen seems to be working. The 39-year-old athlete took the podium for his age group in nine major triathlons in 2013, including a first-place finish at the South Beach Triathlon in Miami (although he's careful to note he wasn't high during any of the races — taking marijuana from one state to another, after all, is still illegal). And with weed now legal in his home state of Colorado, Drusinsky spreads the gospel of marijuana-infused fitness at the Denver gym he owns, F.I.T.S. Conditioning, inviting his two dozen clients to indulge via edibles before guiding them through dynamic stretches and TRX drills. "I work out longer high," says one client, John Hunt, an entrepreneur. Adds product developer Chad White: "If I take a little bit before heavy training, I am totally dialed in."

Jocks like Drusinsky who publicly proclaim their cannabis use are rare. (Canadian snowboarder Ross Rebagliati and mixed martial artist Nick Diaz are among the few who have sung the praises of weed as a training tool.) But with a steady creep to legalization shaking off the stigma of marijuana — decriminalization initiatives have passed or are under way in some 20 states — you can expect more athletes to come out of the cannabis closet.



While fueling his workouts with pot, 39-year-old Clifford Drusinsky has won trophies at nine major triathlons.

## FITNESS

Medical marijuana's benefits for alleviating pain, decreasing nausea, and improving mood are well known. So it's not hard to see why those same qualities would appeal to endurance athletes, who must cope with high levels of pain, stress, and boredom during grueling hours-long events. "It may help some athletes get into a zone and put their bodies through very tough physical activity," says Mark Ware, a McGill University professor and executive director of the Canadian Consortium for the Investigation of Cannabinoids. "It may enable them to focus on those repetitive tasks."

And it's not just endurance athletes. "Frank," a climbing guide in Boulder, Colorado, who prefers not to use his real name, says that two-thirds of the pro climbers he knows use marijuana before climbing and

working out. "People have a stereotype of a zoned-out stoner, but for a lot of people it makes them superfocused and motivated," says the guide. "For climbers I work with, it's like drinking two espressos. They're psyched, ready to go."

Whether marijuana really gives these athletes an edge isn't something exercise science has solved. "What research we have is anecdotal," says Iñigo San Millán, director of the Human Performance Lab at the University of Colorado. "We know it might help with inflammation, sleep, and pain relief. But we don't know if it will improve performance — or if it might even jeopardize it."

Here's what we do know: When marijuana is ingested, its chemical compounds, known as cannabinoids, bind with receptors in the brain and body that regulate pain,



mood, appetite, and memory. Scientists suspect that these receptors may play a role in aerobic activity's neurological benefit — a.k.a. the runner's high. "The endocannabinoid system works like endorphins," says Andrea Giuffrida, an associate professor at the University of Texas Health Science Center and an expert on endocannabinoids. Giuffrida and his colleagues have conducted studies showing that after high-intensity treadmill running, people have elevated levels of naturally occurring endocannabinoids in their bloodstream. What that suggests? Just as endorphins help you push through an intense workout, these endocannabinoids could increase your pain threshold to do the same.

There could be other athletic advantages beyond pain relief. Studies have shown that low doses of THC increase motor activity in mice — so maybe a bit of pot could equal a little extra speed. What's more, an intriguing study from the University of Bordeaux in France found that when the brain is exposed to marijuana, it reacts to the THC by producing more pregnenolone. That chemical is a precursor to the natural steroids produced by the body, and is often used as a supplement to increase energy and reduce fatigue.

But before you start a pot-fueled routine, know that marijuana can come with downsides. Research shows it slows reaction time

and may encourage riskier decisions, and it inhibits basic problem-solving. Pot is also known to increase heart rate by 20 percent or more for up to three hours after smoking — a negative for athletes.

There's one last problem in parsing marijuana's competitive advantages and disadvantages, says former Denver Broncos tight end Nate Jackson, who used marijuana during his six seasons in the NFL to deal with pain: Pot affects different people in different ways. "Some people get high and their muscle memory locks in and they feel like they can't miss," says Jackson. "Some people get high and fall apart."

Perhaps the main performance-enhancing properties of cannabis can't be measured by split times or heart rate. Athletics, after all, isn't solely about winning. Enjoying the day-to-day training is a huge part of the experience. And we don't need science to prove that, for many of us, a little pot can make nearly anything more fun. For Drusinsky, the benefits of using pot far outweigh the risks, and not just on the racecourse. He's in sponsorship talks with a Colorado edibles company, and may have his own line coming out soon. He describes the product as having "the perfect percentages of proteins, carbs, and fat for the outdoor athlete." That, and it will get you nice and toasty. ■

## TRAINING TOOL

# Pot for Performance

How to get the most from your high.

### 1. STICK TO SATIVA

Look for sativa strains for workouts; athletes say they provide a more energetic high than indica strains. "Athletes should look for strains that don't just have THC, the psychoactive component in pot, but also cannabidiol, one of the compounds believed to be responsible for many of the plant's medical benefits," says triathlete Clifford Drusinsky.

### 2. DON'T SMOKE IT

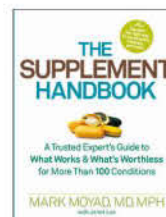
Edibles have a label that should tell you the exact amount of THC inside, one reason why Drusinsky recommends them to the clients he trains. You can find them in any state that has legalized pot or in medical marijuana clinics. Just check the rest of the label, too. "Don't take edibles that are full of dairy or anything that's heavy or acidic," says Drusinsky. Also be leery of edibles packed with sugar. Finally, if you're going to try pot pre-workout, don't smoke it. Smoking marijuana can trigger short-term irritation, as well as chronic bronchitis. So go for edibles or a vape pen.

### 3. START SLOW

Drusinsky suggests ingesting just 5 milligrams of THC (half the legal serving size under Colorado's marijuana laws). For first-timers, that should be enough to feel the effects without getting too stoned. This means that for some edibles — such as Drusinsky's go-to, the Growing Kitchen's Zoom Ball, below — you'll slice off only a sliver to start. If you think it isn't kicking in, you can slowly increase the dose during the workout. "Edibles are like salt," he says. "You can always add more."



## To-Do List



### READ THIS

#### THE SUPPLEMENT HANDBOOK

Stop using Google to find out whether a dietary supplement can actually better your health. In this comprehensive guide, Dr. Mark Moyad distills 30-plus years of research on the benefits of supplements for 100 conditions, explaining why specific vitamins, minerals, herbs, and chemicals are proven to help, while also calling out the frauds.



### WEAR THIS

#### MILESTONE POD + APP

With the Milestone pod attached to your sneaker, you can see updates of your pace, distance, and time clearly displayed during your run. The gadget also tracks footfalls, telling you whether you're striking with your heel or toe, and cadence. It sends the data wirelessly to an app on your smartphone — which, unlike with most tracking apps, you don't have to carry with you — so you can chart your progress. \$25; [milestonepod.com](http://milestonepod.com)

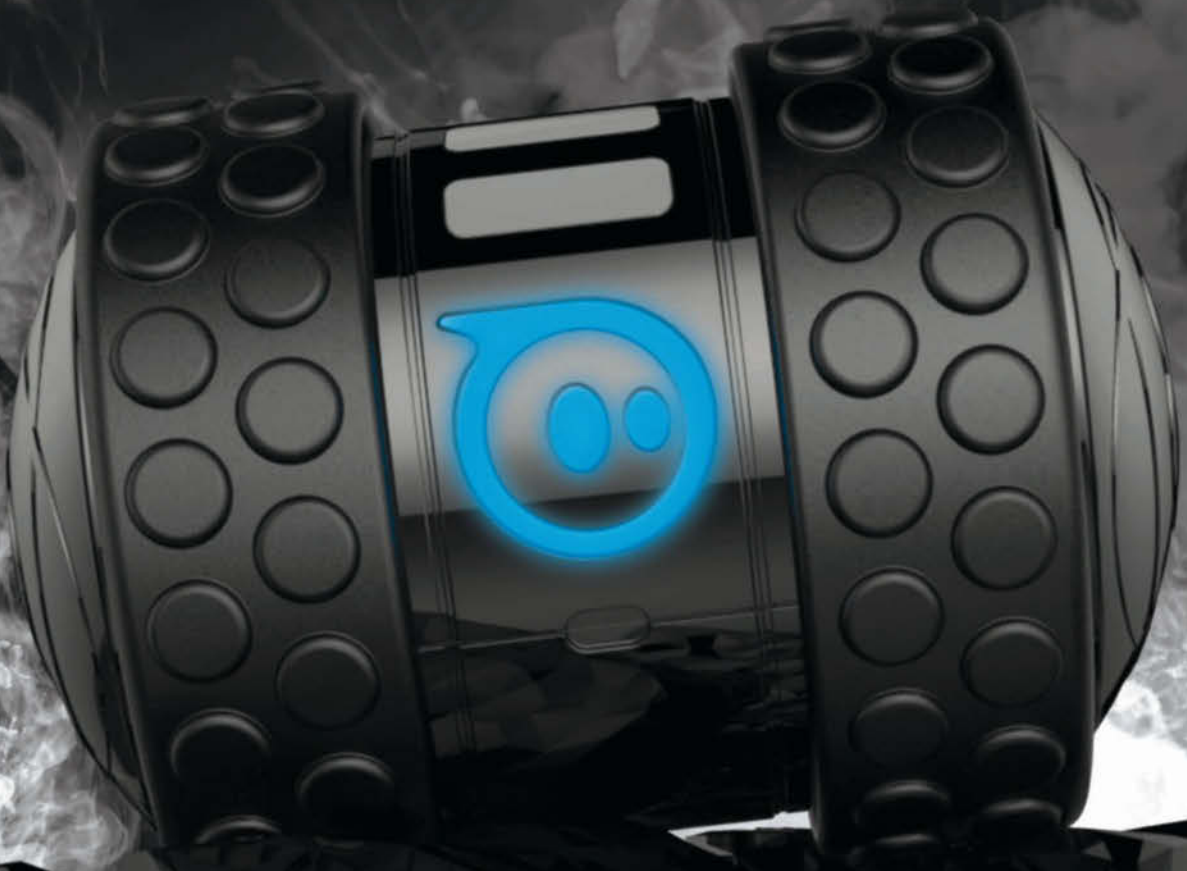


### TRY THIS

#### THRIVE MARKET

Imagine if you could get Whole Foods products at Costco prices, and through a web-delivery service as easy as Amazon's. That's the idea behind this new wellness site. A \$60 annual membership gets you access to more than 3,000 healthy foods and natural products for 30 to 50 percent less than what you'd pay in the store. [thrivemarket.com](http://thrivemarket.com)

# LIKE COAL. BUT FASTER.



*ollie*

One part coal. One part extreme. This is Darkside Ollie - the naughtiest app-controlled robot ever created. Rocket around at a floor-warping 14 MPH, pull off diabolical tricks, and smoke the competition. You can find Darkside Ollie at the top of the naughty list - and sold exclusively at [gosphero.com](http://gosphero.com).

It's time to upgrade your play.

[gosphero.com](http://gosphero.com)





SWISS + MADE



## ESSENTIAL GEAR.

Atacama Field Day-Date No. 1925: 45mm, black PVD stainless steel case with screw case back and screw down crown, antireflective sapphire crystal, water resistant to 200 meters, golden tan distressed leather strap with black PVD buckle, and Luminox self-powered illumination. Swiss Made.

**Preferred timepiece of outdoor enthusiasts.**

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Constant Glow for up to 25 Years.

# How to Be Happier

Why satisfaction wanes in midlife, and what to do about it.

**W**HEN MEN HIT their forties, their happiness hits the skids.

That's just one of the insights that Paul Dolan, a professor of behavioral science at the London School of Economics, has found in his 10 years of studying what makes us happy. In his new book, *Happiness by Design: Change What You Do, Not How You Think*, Dolan lays out simple solutions for increasing life satisfaction: Structure your days around the things you enjoy, stop toiling away toward goals you may not even want to meet, and balance your life with purpose and pleasure.

## You slam positive thinking. Why?

Self-help books tell you, "Be positive." No shit! But there's only so much you can do to think yourself happier. You make anywhere from 2,000 to 10,000 decisions every day. If you had to make them all consciously, thinking about how each would boost happiness, your head would explode. It's much easier to design the environment around you, and have that cue automatic decisions that boost your happiness. Take what you enjoy most — a midday run, trying a new dinner recipe, reading a book — then design around those things. Make it clear to co-workers that you go for a run at lunch so they won't schedule meetings; subscribe to a delivery service that sends fresh produce that you can use in recipes; set the home page of your computer to a literary site that recommends novels. You're priming your surroundings to help you make unconscious decisions that make you happier. This is how you "plan" for happiness.

## Middle-aged guys sound like the unhappiest. What's going on?

We know there's a problem. Look at suicides in America and you see the biggest jump in men in midlife — up 50 percent in the past

15 years — but there isn't hard scientific data to show why. Explanations that make sense: Men may have imagined that their lives would be sorted out by this point — marriage, children, the ideal career. Or they could be fixating on what's making them the unhappiest, and shunning new experiences — something that happier people are open to and that people have less of as they age. It's this idea of expectation; how happy we expect to be. And this is a problem everyone faces, not just men. When people believe they will have higher life satisfaction in the future compared with what they have now, their happiness drops — a pattern that occurs until the fifties.

## It almost seems like the advice is, "Set a low bar for happiness, and you'll hit it."

Just don't put too much emphasis on an "ideal self," someone with the perfect job, the perfect family, whatever it may be. Too much of what we do is driven by these things that we think will make us happy. You sacrifice current hap-

piness for those future, imaginary gains. You don't think about that price. And once you reach your goal, it often doesn't make you happy after all.

## In the book, you talk about redirecting attention to enjoy life more. How have you done this?

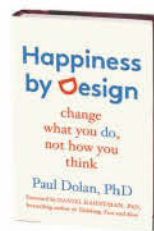
My best example is my stammer. I've always told myself how much happier I'd be if I didn't have it. A few years ago, I decided to reorient my attention from stumbling on words and what others thought about it (which was never as bad as I imagined) to how effectively I was communicating — how well a speaking engagement would go, the positive feedback I would get. I became happier, and stammered less, too.

## So switch your focus.

Just stop paying attention to the things that get under your skin and make you feel inadequate, or the things that suck away your day — like constantly checking your phone. Direct your attention to what has proven, time and again, to make you feel good.

## Big picture, what makes us happiest?

Creating goals that have a balance of pleasure and purpose. So don't take a job that seems like it will make you happy, because it's prestigious or high-paying, if you know that your day-to-day work will be stressful, relentless, and happiness-draining. Do consider tackling projects that may seem daunting, such as writing a book, if you know that the process of doing it will make you feel constantly rewarded and satisfied. This is especially important for competitive people, alpha men, and those driven by end points. It's so important that the journey toward the achievement also makes you happy. Because lost happiness is lost forever. ■





# HEALTH NEWS

## New Dangers of Anti-Inflammatories



When ibuprofen, Aleve, or aspirin are taken with antidepressants or anti-anxiety drugs, the risk of upper gastrointestinal bleeding soars as much as 600 percent, and other internal bleeding is more likely, a new study finds. Mixing the drugs makes the stomach more prone to damage and also inhibits blood clotting, says study author Dr. Gwen Masclee. Bottom line: If you're among the more than 30 million Americans who take antidepressant medication, consult your doctor before reaching for any over-the-counter painkiller.

## The Key to Speed: Focus



Want to run, bike, or hike faster? Focus on reaching a specific target in front of you. A new study from New York University found that those who focused intensely on a marker — a building several blocks away, say, or a faraway hill — reached their goal 23 percent faster than those who allowed their gaze to wander. In fact, focusing made the marker seem as much as 28 percent closer, says the study's lead author, Emily Balciotis. "Focusing made the exercisers think their workouts were easier — and in fact they were," she says.

## Slash Your Heart Attack Risk



You know that eating well, exercising, staying lean, and avoiding smoking and excessive alcohol are good for you. How good? A team of Swedish researchers, who tracked 20,000 men during an 11-year study, have found that adhering to all five factors reduces heart attack risk by a staggering 86 percent. The men who fell into this uber-healthy category consumed fewer than two drinks a day, never smoked, kept their waistlines trim, ate a diet full of produce, nuts, dairy, whole grains, and fish, and walked or cycled 40 minutes a day while also notching at least an hour of vigorous exercise a week. Researchers say this is further proof that you don't need to take drugs to have a healthy heart. "The medications we have today are important and effective, but ultimately, no magic pill or modern technology is better for preventing heart attacks than living a healthy lifestyle," says Dr. Mark Urman, a preventative cardiologist at Cedars-Sinai in Los Angeles.

## Sit Up Straight, Stress Less



Good posture is more important than you might think. When New Zealand researchers asked people either to sit up straight or slump during a mock job interview, the upright people reported less stress, more confidence, and better moods. Why? According to wellness expert Esther Gokhale, slouching can lead to poorer blood flow and digestion, and force your heart to work harder. "It's physiologically stressful, so it makes sense that stress can also translate to your psyche," says Gokhale. To maintain good posture, think: "Spine straight, shoulders back, chin up."

## The Most Effective Way to Lose Weight



It's health dogma that the best way to get and stay lean is to lose weight slowly and steadily. Not true, according to research published in *The Lancet*. Australian researchers looked at two groups who lost about 12 percent of body weight, the first over three months, the second over nine months. Three years later, the same number of people in both groups — 29 percent — had kept the weight off. Shedding pounds fast or slow may not matter, but there is a formula for staying lean, says Corby Martin, director of the Ingestive Behavior Laboratory at Pennington Biomedical. "Successful people eat portion-controlled foods, exercise about 250 minutes or more a week, weigh themselves every other day, and track what they eat by recording it or using a smartphone app." He recommends one other strategy — a health maxim that actually *does* hold up — to prevent bingeing and putting on weight: "Eat breakfast every day."

## Eating Protein Lowers Blood Pressure



After examining the diets of more than 1,300 adults over 11 years, researchers at Boston University have found that those who ate the highest amount of protein per day (about 100 grams) were 40 percent less likely to develop hypertension than those who consumed the least (roughly 58 grams). Whether that protein mostly came from animals or plants made no difference — both sources were found to have blood-pressure-lowering effects. For example, dairy proteins have been shown to contain compounds that act like natural ACE inhibitors, which are one of the most common types of blood pressure medications, explains study co-author Justin Buendia. "Animal proteins, especially eggs, contain high levels of arginine, which have been shown to dilate blood vessels, keeping blood pressure low," he says. What's more, Buendia adds, eating protein may reduce hunger by stimulating the release of certain hormones in the body that tell us when we've had enough to eat — that reduces the risk of weight gain, a key factor in developing high blood pressure. Hitting the daily quota is easier than you think. A cup of milk, an egg, a yogurt, and 1 ounce of cheese, nuts, or cooked meat each contains about eight grams of protein. "Get 25 to 35 grams at each meal and add a protein-rich snack in between, and you'll get to 100 grams a day," says co-author Lynn Moore.

## How to Avoid Bone Disease



Osteoporosis is often labeled a "women's disease," but a new report from the International Osteoporosis Foundation reveals that men over 50 are 27 percent more likely to break a bone due to osteoporosis than to get prostate cancer. Experts say there's a clear explanation: Guys haven't gotten the message that they need to take steps to prevent bone loss. There are ways men can do so in their thirties and forties that will help dramatically reduce risk of the disease later, says Dr. Robert Recker, on the board of the National Osteoporosis Foundation. First, make sure you get enough vitamin D, either by spending time in the sun or, in the winter months, taking 1,000 IU of the vitamin a day. You also can increase bone mass with weight-bearing and muscle-strengthening workouts, such as jogging, pull-ups and push-ups, or active sports like tennis and basketball.

by MELAINA JUNTTI



**IT'S TASTIER  
THAN MILK.**  
PEOPLE WITH  
TONGUES  
SAID SO.



Most people  
prefer the taste  
of Silk Vanilla  
Almondmilk  
to dairy milk.  
**Try for  
yourself.**

*Silk*  
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# Ask Dr. Bob

Our in-house doc answers your questions about health, fitness, and living adventurously.

## HEALTHIER REST

### Is there a best position to sleep in?

Yes — on your back. This way, your spine is in an elongated, neutral position (versus curved and compressed, as it is when you curl up on your side), which helps prevent back and neck pain over time. This face-up position also helps fight acid reflux, because your chest is elevated and gravity helps prevent food or fluids from traveling up your esophagus. Last, for vanity's sake, lying on your back is ideal: You avoid crunching your face against your pillow night after night, which can actually make facial wrinkles appear deeper. To ensure the best night's sleep, I also strongly recommend a spongy pillow that supports and conforms to your head and neck. I use and love a Tempur-Pedic, but any pillow that keeps your head cradled in a position that makes it more comfortable to stay on your back will work.

## HOUSEHOLD TIP

### My wife always makes me wash new clothes before I wear them. Is there any benefit to doing this?

You bet there is. Manufacturers often add chemical finishes to clothes, coats, and linens to enhance their color or texture, or to add a crisp new-garment feel. For some fabrics, such as wool, they'll use a formaldehyde finish to prevent mildew. Besides containing endocrine-disrupting phthalates, these chemicals can irritate your skin and cause rashes, or make your allergies worse. One hot wash cycle is all you need to reduce potential exposure.

## BOOST ENDURANCE

### I'm a cyclist and a runner, and I've heard that I should strength train to get faster. But won't getting bigger muscles make it harder to go longer distances?

This is a common misconception. In fact, a recent meta-analysis of more than 20 studies published in the *Journal of Strength and Conditioning Research* showed that by combining strength training and endurance work, athletes had a slightly greater increase in  $VO_2$  max (a barometer of how efficient you are during cardio exercise), a

greater decrease in body fat, and more lower-body power and strength than if they did endurance training alone. Think of strength training as if it were scaffolding. While running and cycling harness mostly slow-twitch muscle fibers, lifting weights develops slow- and fast-twitch fibers. This will give you a better overall foundation to put in longer miles. Two total-body-strength sessions a week are all you need to see a difference.

## BEAT THE COLD

### My hands always freeze in the winter. What can I do?

The biggest reason for cold hands is a cold core. At all costs, your body wants your heart and lungs at the right temperature, and it will shut down blood flow to your extremities to preserve core warmth.

To combat this, wear an extra insulating top layer — a down vest or fleece — and water- and windproof mittens. (Mittens are better than gloves because they allow your fingers to generate body heat and warm the pocket of air inside.) If you try this and still have chilled hands, check with your doctor to make sure you don't have a vascular problem, such as Raynaud's, or poor circulation due to diabetes or cardiovascular disease.

## FLY SMARTER

### I was detained at the airport for having a fever and missed my international flight. You travel often: Aren't these precautions aggressive?

They're more of a feel-good show to make the public think something is being done to limit the spread of infectious disease. In reality, airlines almost never prevent people from flying if they're ill. But if you have a fever — even if you haven't been visiting a country with an infectious-disease outbreak — you shouldn't travel, period. Flying while sick is likely to make you feel worse and expose others to illness. While rescheduling a flight may be inconvenient, it's the responsible thing to do. It's the choice I made when I was infected with cholera during the Rwandan genocide. Rather than expose fellow passengers or my family and friends back home, I remained in Kenya until I was well again. ■



# NEW SILK UNSWEETENED ALMOND COCONUT BLEND.

This new flavor sends your taste buds packing on a tropical flavor getaway. It's just 35 calories per serving and has 50% more calcium than milk.\* Also try it in Original flavor at just 50 calories per serving.



**Silk**  
helps you bloom™

\*Silk Almond Coconut Blend has 45% DV of calcium; typical dairy milk has 30% DV. Dairy data from USDA Nutrient Database, Release 26.



# SIERRA HAS A ROLE MODEL: HOOVER DAM.

Hoover Dam's power plant uses smart grid technology to conserve energy when it can, then make more power when needed. The new 2015 GMC Sierra 1500 uses our advanced EcoTec3 engines for similar reasons. Sierra is the first full-size light-duty pickup to combine Direct Injection, Variable Valve Timing and Active Fuel Management technology standard on every engine. The result is the most fuel-efficient V-8 available in a pickup,\* even beating Ford F-150's EcoBoost V-6.\*\* It's this kind of thinking that proves Sierra is more than just a truck. It's incredible thinking in the form of a truck.

**THE NEW GMC SIERRA. THAT'S PROFESSIONAL GRADE.**



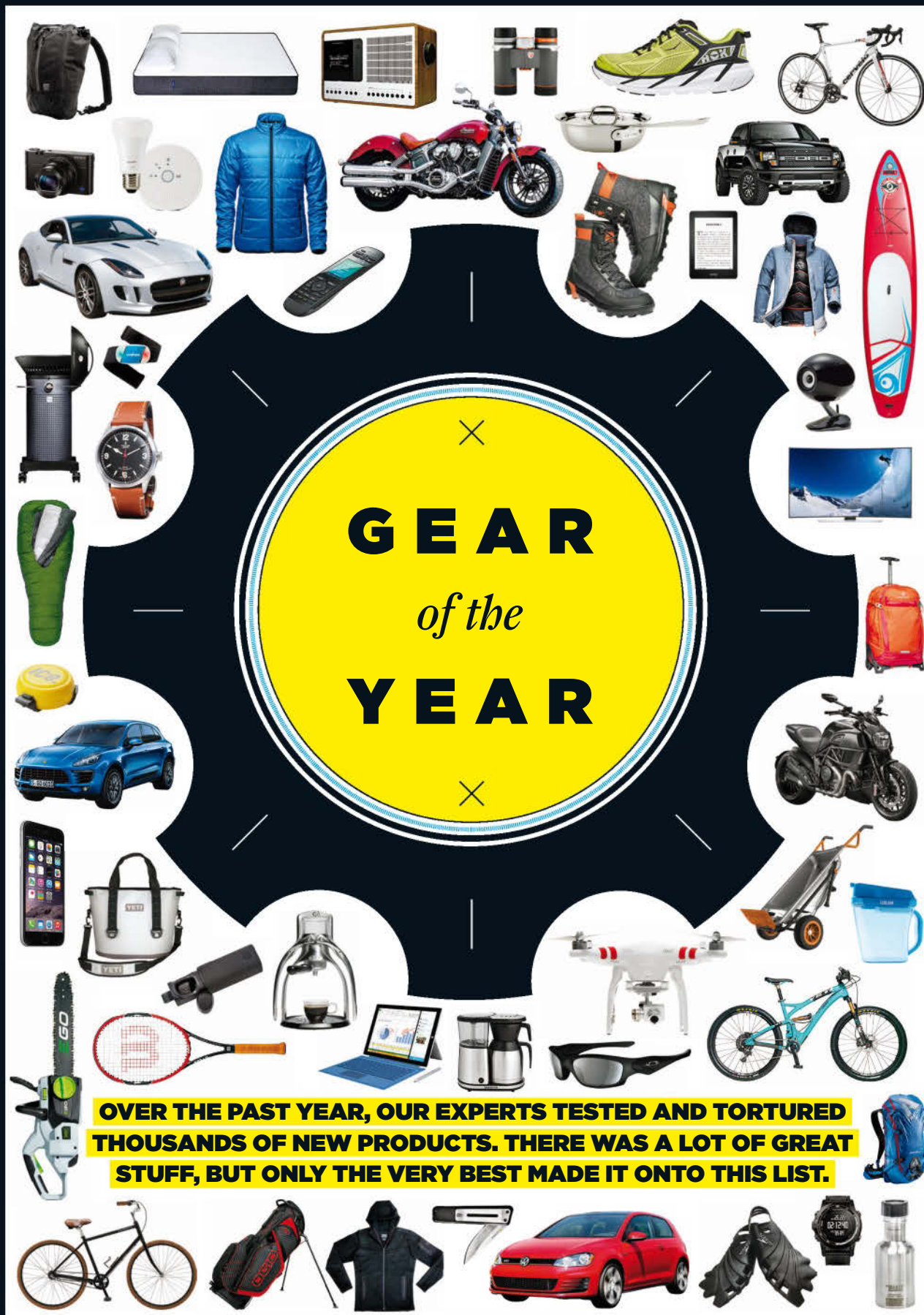
**GMC**

WE ARE PROFESSIONAL GRADE

\*Sierra EPA-estimated mpg with the available 5.3L V-8: 16 city/23 hwy (2WD); 16 city/22 hwy (4WD). \*\*2014 Ford F-150 EPA-estimated mpg with EcoBoost V-6: 16 city/22 hwy (2WD); 15 city/21 hwy (4WD). †Available OnStar 4G LTE in vehicles produced starting fall 2014. See dealer for vehicle availability. Visit [onstar.com](http://onstar.com) for details and system limitations. Services vary by model and conditions. Requires active OnStar subscription and data plan. ©2014 General Motors. All rights reserved. Active Fuel Management® ECOTEC® GMC® OnStar® OnStar button design® Sierra® WE ARE PROFESSIONAL GRADE®

Connected by  4G LTE<sup>†</sup>





**OVER THE PAST YEAR, OUR EXPERTS TESTED AND TORTURED THOUSANDS OF NEW PRODUCTS. THERE WAS A LOT OF GREAT STUFF, BUT ONLY THE VERY BEST MADE IT ONTO THIS LIST.**



The tread pattern, originally designed for soccer cleats, evenly distributes body weight for better traction.

## MY FAVORITE GEAR



### SCOTT JUREK

Ultramarathon champion and the author of *Eat and Run*  
**ROK ESPRESSO MAKER**

**\$199; importika.com/rok-usa**

The elegant yet simple Rok uses no electricity; you just squeeze the handles for great espresso. "Boiling water and ground beans are all you need," says Jurek, "along with a little upper-body muscle. With the Rok there's no loud noise and large electric appliance — just clean, compact design and perfect homemade espresso."



## The Harder-Working, Better-Looking Winter Boot

With an outsole patterned after the lugged treads of a snowmobile belt, the **Adidas Felt Boot** grips ice like nothing else we've tested that wasn't an actual snowshoe.

A rand runs around the toe for protection and rises in the heel as well, but the burly look is played off against functional, visually softer (and more appealing) Italian felt that's very tightly woven to fend off slush. Meanwhile, hidden PrimaLoft Gold (a blend of down and synthetic insulation) keeps your tootsies toasty. **\$130; zappos.com**



## THE SMART, SIMPLE LED

The **Philips Hue Lux** is the best and easiest way to turn any fixture in the house into a WiFi-connected LED. The bulbs have a warm, incandescent-like glow, and setup is as simple as plugging the included bridge into your router. With the user-friendly app,



you can control the lights from a tablet or smartphone. **\$99 for 2 bulbs and bridge; meethue.com**



## THE TINY BLUETOOTH HEADSET

The barely there **Moto Hint** earpiece lets you talk on your smartphone without some ugly device hanging out of your ear. Best of all, there are no buttons to push: When paired with a Moto X phone, you simply ask it for turn-by-turn directions or to



perform a Google search. Sure beats talking to your wrist. **\$150; motorola.com**

BOOTS: SVEND LINDBAEK; JUREK: DAVID POWELL





### THE FASTER-FILLING WATER FILTER

Unlike other popular filters, the **CamelBak Relay** cleans water as fast as your faucet can fill it. The increased speed is due to pleated material in a two-part filter: Water is filtered initially through a top hatch and then again on the pour through the spout. The Relay removes 97 percent of the chlorine, resulting in a much better-tasting drink. Plus, the locking lid snaps tight, so you don't spill water all over your fridge or kitchen floor. **\$37; camelbak.com**



### THE THEATER-QUALITY HD TV

Packing in as many pixels as possible to make a better picture has spawned a new class of 4K (or ultra-HD) televisions. But for our money, the coolest thing about the **Samsung 65" HU9000 Curved UHD TV** is an inventive physical design tweak: The immersive display curves slightly, and when you sit in front of it, the effect feels like a step toward virtual reality without having to wear a nausea-inducing set of goggles. Just as important, the picture quality is excellent — as good as or better than any of the handful of current high-end 4K competitors. **\$4,200; samsung.com**



### THE STAY-FRESH BEER GROWLER

Growlers are great in theory: You can enjoy fresh draft ale at home. But unless you drink the full jug in a single sitting, the reality is you're left with sudsless swill shortly after your first pint. To prevent this carbonation loss, the stainless-steel **Bräuler** can be outfitted with a special lid (\$65, sold separately) that lets you inject CO<sub>2</sub> into the vessel's empty space. The result? Fresh beer with every pour. **\$60; thezythosproject.com**



CLIMBER: RALF GANTZORN/AURORA PHOTOS



The Carbon's wheels not only weigh 5.5 lbs less than standard ones, they also look badass.

## The Power Cruiser

The **Ducati Diavel Carbon** is a postmodern hybrid of genres that crams a ferocious 162-horsepower superbike engine into an easygoing cruiser design. The hearty chatter of its 1,198cc L-twin betrays the bike's laid-back look; the ride is anything but. The Diavel rolls into corners with relative ease despite its size, but the real treat comes when the throttle is goosed, triggering the torquey powerplant to shoot monstrous amounts of power to the rear wheel. It's the complete package. **\$20,995; ducatiusa.com**



GEAR  
of the  
YEAR

A triple-axis stabilization system on the built-in camera makes for very smooth footage.



## The Pro-Quality Drone

There's nothing cooler than launching a 1080p HD camera 1,000 feet in the air and capturing stunning images — and there's nothing sadder than crashing it back to Earth. The **DJI Phantom 2 Vision+** not only comes ready to fly out of the box, but it can also pilot itself home after you make a panicked bank over some tall trees. Trust us, it works. This is the most fun you'll ever have with a new toy. **\$1,159; dji.com**



## THE RE-DESIGNED SLEEPING BAG

Even the best bags leave you zipped up to the neck with little room to wiggle in the night. The zipper-free, water-resistant down **Sierra Designs Backcountry Bed 600 3-Season** flips the formula with a wide opening and an attached comforter that lets you choose how you'd like to sleep — wrapped up snugly or loose. We found it perfect for the shifting autumn weather in the California wilderness. **\$300; sierradesigns.com**



## THE TRANSFORMING WORKHORSE

The wheelbarrow is a useful tub to haul things around the yard, but that's just one virtue of the **WORX AeroCart**. A mix of smart design and attachments, it is really eight different tools in one, including a hand truck, a dolly, and a stand that holds a leaf bag open during fall cleanup. With this do-it-all workhorse, we easily moved a pile of bricks and then quickly got it ready to relocate a dryer. **\$160; worx.com**



## MY FAVORITE GEAR



### SEAMUS MULLEN

Chef-owner, Tertulia, NYC  
**ICEdot CRASH SENSOR**  
**\$119; icedot.org**

This lifesaver fits onto the back of a bike helmet, and if you crash, it launches an app on your phone to ping your coordinates to an emergency contact. "A friend and I got lost on a recent mountain bike trip and had to ride by moonlight over rocky, technical terrain. There's security in knowing that, should the worst happen, there's a device that can notify someone," says Mullen.



## THE REBORN ROADSTER

The classic American motorcycle brand favored by Steve McQueen was revived last year after 60 years. The throwback **Indian Scout** pairs a traditional stripped-down silhouette with a modern aluminum chassis that makes it the lightest bike in its class. And a gutsy 100-horsepower, 1,133cc V-twin rumbles with an assertive heartbeat. The ride is reassuring for bikers of all levels, thanks to its low center of gravity — but the best part is a deeply guttural exhaust note, which gives the Harley growl a run for its money. **\$10,999; indianmotorcycle.com**







Once it's deflated, the 25-lb BIC SUP can fit comfortably in a large backpack.

## The Go-Anywhere SUP

Inflatable SUPs are perfect for those who lack storage space or a way to transport a huge board to the water, but they're also usually flaccid and slow. Not this one: The **12-foot-6-inch BIC SUP Air Touring** can be inflated to 15 psi (it took us seven minutes to pump it up) and paddles nearly as well as a traditional board with a smooth, stable, and relatively fast ride. The BIC is also one of the first to come equipped with a high-performance removable fin like those found on regular SUPs. **\$999; bicsup.com**



## THE HARD-CORE SHELL THAT DOESN'T LOOK IT

What we love most about the **Aether Shelter NH** is that it's a jacket that's fit for city streets, but it has the technical guts for serious adventure. The ripstop nylon survived brushes with branches when we were skiing in the trees, and the PrimaLoft insulation breathed when it was supposed to. When we were less active, it remained incredibly warm considering its thin and light construction. **\$260; aetherapparel.com**



## THE BIGGER, BETTER IPHONE

The **Apple iPhone 6** is a supersize version of our favorite smartphone, with a larger, bolder Retina HD display on a device that is 0.3 inches slimmer. We were impressed by the increased battery life, speed, and a revamped camera that shoots slo-mo video in a mind-bending 240 frames per second. Plus, the new Health app uses the iPhone 6's built-in sensors to track steps, distance, and stairs climbed without an activity tracker. **\$199 with contract; apple.com**



## THE BARISTA-WORTHY COFFEEMAKER

The **Bonavita 8 Cup Coffee Brewer with Stainless Steel Carafe** is proof that automatic drip models can actually make good home brew. The secret is a presoak that wets the grounds and helps release flavor, plus a showerhead-like spray for even saturation during brewing. We like the chemistry lab vibe but love the consistent, intense coffee it produces. **\$190; bonavitaworld.com**





### THE SELF-REGULATING SKI JACKET

The **Helly Hansen Supreme Jacket** is the Rolls-Royce of ski parkas, crammed with powder-day-improving features. Our favorite? The H2Flow system, which traps warm air inside the layers of the jacket as you work harder, but releases it quickly through zippered vents when you overheat. On top of that, you get a warm, waterproof mix of down and synthetics, a zip-away powder skirt, and a detachable helmet-compatible hood. **\$900; [hellyhansen.com](http://hellyhansen.com)**



### THE TWILIGHT SHARPSHOOTER

Sony's new **RX100 III** is a lot of camera in a very small package. Built into its pocket-size shell is a 1-inch, 20.1-megapixel sensor that is a titan compared with the minuscule arrays in similar-size smartphones. That larger sensor means you'll get crisp portraits instead of muddy indoor snapshots. Plus, its pop-up viewfinder makes it easier to shoot outdoors, where direct sunlight blacks out even the brightest monitors. **\$800; [store.sony.com](http://store.sony.com)**



### THE URBAN POCKET KNIFE

In a space dominated by a rough, outdoors aesthetic, the **Chapter** from the James Brand in Portland, Oregon, delivers a refined looking knife, thanks to its spare design, steel-and-titanium build, and few moving parts. Looking more like a product from a certain Cupertino design studio than one you'd find in an REI display case, the Chapter has a deft feel, a gratifying cut, and a solid construction that should last a lifetime. **\$275; [thejamesbrand.com](http://thejamesbrand.com)**



### THE EYE-SAVING E-READER

If not for the high-quality glass screen and magnesium case, you might mistake the **Kindle Voyage** for your favorite paperback. Its 300-ppi display looks eerily like a printed page, and a new feature slowly changes the brightness, just as your eyes adjust to light, for effortless reading. It's also thinner than any other Kindle, and it lets you "turn" the page with the subtlest of touches. **\$199; [amazon.com](http://amazon.com)**



## The Gutsy Budget Sports Car

There isn't a compact with more poise and polish for the money than the **Volkswagen Golf GTI**.

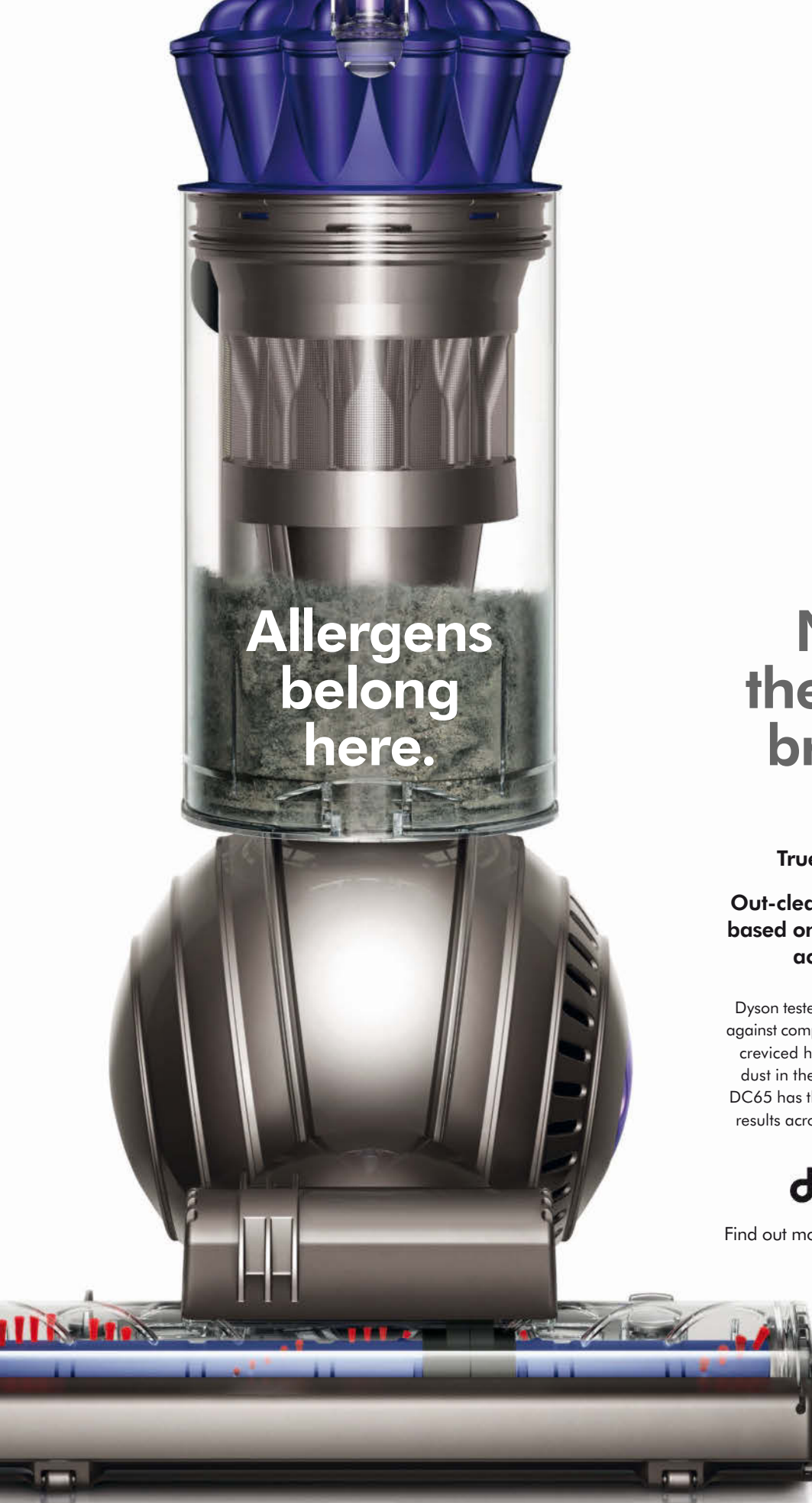
A 6-speed manual summons a tidal wave of torque from its 2-liter turbocharged inline-4, offering up a rollicking rally-car feel when you want it. When you don't, you'll admire a quiet idle and faultless fit and finish, the stuff of cars usually costing \$10,000 more.

From \$25,215; [vw.com](http://vw.com)

Despite its athletic prowess, the GTI can net up to an impressive 34 mpg on the highway.







**Allergens  
belong  
here.**

**Not in  
the air we  
breathe.**

**True HEPA filtration.**

**Out-cleans all other vacuums  
based on overall performance  
across all floors.**

Dyson tested DC65 pickup performance against competing vacuums on hard floors, creviced hard floors and carpets, with dust in the bins to reflect real life use. DC65 has the highest geometric average results across the combined floor types.

**dyson** **DC  
65**

Find out more at [dyson.com/allergies](http://dyson.com/allergies)



## The Powerful Electric Saw

Large cutting jobs like taking down whole trees have typically required the kind of muscle only exhaust-spewing gas chainsaws could muster. But thanks to a more efficient brushless motor and industry-leading battery, the electric **EGO 56-Volt Chain Saw** has enough guts to fell a tree close to 2 feet in diameter. We sent chips flying and sliced through 16-inch-wide logs for firewood without missing the power — or rumbling idle — of our gas saw. **\$299; egopowerplus.com**

The brushless motor converts more of the battery's juice into run time and loses less as heat.



## THE MULTI-SPORT TRACKER

Packed with GPS and an altimeter, the **Garmin Fenix 2** is as at home on a long hike as it is on a morning jog around the block. But you can also use it to track the time and distance you spend doing a wide variety of activities, from swimming to cycling and even downhill skiing. **\$400; garmin.com**



## THE NATURAL SWIM FIN

In the pool, we're all for anything that helps us perfect technique without having to think about it.

**Speedo Nemesis Fins** do exactly that by copying the anatomy of a humpback whale. Scalloped edges mimic lift-creating bumps on the whale's fins that increase surface area and maximize water displacement. The result: more speed in the pool, quicker times, and less boredom. **\$40; speedousa.com**

## THE GLOBE-TROTTERING RADIO

Calling the **Revo SuperConnect** a radio is a bit of a stretch: The table-top audio player can tune in analog FM stations with its telescoping antenna, but the true magic happens when you sync it to your home WiFi network and stream stations from all over the world. Hip-hop from Malawi? We made that one of our six presets, along with alternative rock from Sweden. Plus, it works seamlessly with Spotify and sounds as good as it looks. **Approx. \$399; revo.co.uk**



## THE DISAPPEARING BIKE FENDER

A fender, though useful, turns any ride into a clunky cruiser, with its extra weight and utilitarian looks. The **Plume Mud-guard** is an ingenious solution that you stretch over your tire when it rains to shield you from dirt and grime, but recoil and stow away under your seat when the sun shines. The sleek, ultralight guard miraculously stayed in place no matter how many potholes we rode over in New York City. **\$35; plumemudguard.com**



CHAINSAW: SVEND LINDBAEK





The pear-shaped hands and matte-black dial are an homage to the classic Tudor styling.

## The New Collectible

Vintage watches are great — except for the fact that you have to track them down and make sure they still tell accurate time. The classy **Tudor Heritage Ranger** has the styling of a coveted '60s field watch along with contemporary touches like a larger, 41mm steel case, a sapphire crystal, and 150 meters of water resistance. Its retro look is further enhanced by an understated leather strap, but you can also pair it with an optional leather cuff-style bracelet or steel band for a more modern aesthetic. *From \$2,825; tudorwatch.com*

## THE SHAPE-SHIFTING PACK

With a design that easily expands from 40 to 50 liters, the **Eddie Bauer Sorcerer** is already a useful backpack — and its construction, of a monofilament, nonwoven fabric, makes it incredibly durable, too. That means it'll hold up on big trips but won't weigh you down on long days (it's just 3 lbs, 6 oz). Comfortable straps and side rails help balance the load as you tighten the pack. *\$499; eddiebauer.com*



## MY FAVORITE GEAR



### BOOMER ESIASON

Ex-NFL QB and CBS analyst

**2014 FORD F-150 SVT RAPTOR**  
*From \$44,995; ford.com*

The amped-up version of Ford's popular F-150 is a beast off-road, with 35-inch tires and a powerful 411-horsepower V-8 engine. But it also rides as smoothly as a luxury car when it hits the pavement — a combo that perfectly suits Esiason. "Nothing says 'American man' better than the Raptor," he says. "Powerful, stylish, functional, and a ton of fun."



## THE STYLISH, AFFORDABLE CRUISER

If you spend less than \$400 on a bike, you'll likely end up with a clunky two-wheeler that may not survive a single season of riding, let alone the rigors of commuting in a city. Remarkably, the **Priority Bike** delivers a lightweight but strong aluminum frame, a 3-speed Shimano internal hub, puncture-resistant tires, and a grease-free belt drive. *\$399; prioritybicycles.com*





### THE BIGGER SWEET SPOT

Roger Federer spent three years with Wilson refining the **Pro Staff RF97 Autograph** by testing dozens of prototypes. The result is a wider beam for more energy and a larger head that reduces unforced errors. At a tennis elbow-inducing 12.6 oz, it's a serious player's frame. **\$219; wilson.com**

### THE PORTABLE ICEBOX

Soft-sided coolers are easy to carry but don't keep your beers cold for very long. Hard boxes do, but they're a challenge to haul far from a car. The **Yeti Hopper 30**, a 6.5-gallon bag made of durable whitewater raft material with more than an inch of foam insulation, gives you the best of both worlds. On a weekend trip to Vermont, our haul of grillables and adult beverages was as cold on the second night as when it came out of the fridge. **\$300; yeticoolers.com**



### MY FAVORITE GEAR



#### DOMINIC MONAGHAN

Host of BBC America's *Wild Things* with **Dominic Monaghan**  
**OAKLEY STRAIGHT JACKET SHADES**

From **\$125; oakley.com**  
Monaghan favors these Oakley shades for their durability and the way they stay put in the wild. "When I'm working with snakes and scorpions and spiders and dangerous animals, I do a lot of sweating, and what I need to rely on is eyewear that's not going to move about on my head."



## The Crossover for Sports Car Lovers

With its newest crossover, Porsche proves you can have it both ways: The **Macan** has the ground clearance and capabilities of a five-seat, all-wheel-drive off-roader — like its big brother, the Cayenne — but brings even more unholy sports car speed and stickiness to its performance on the tarmac. Opt for the 400-hp twin-turbocharged V-6 and you'll certainly forget you traded your sports car for more space. **From \$49,900; porsche.com**

This compact SUV checks in smaller and sportier than Porsche's existing SUV, the Cayenne.







Sunlight travels 93 million miles to highlight a single leaf.  
Don't let it go unnoticed.

Maui Jim polarized sunglasses provide truer, crisper colors even in low light.





GEAR  
of the  
YEAR



## THE BUDGET-FRIENDLY ROAD RACER

The **Cervélo R2** gives cyclists Tour de France-worthy performance at a bargain price. That's no hyperbole: The R2 shares its carbon frame with the Tour-proven R3, a lightweight bike renowned for its comfort and efficiency. Built with a less expensive carbon fork and Shimano's work-horse 105 derailleurs and shifters, the R2 is a race-ready rig equally capable of all-day adventures. **\$2,500; cervelo.com**



## THE LAPTOP-REPLACING TABLET

Tablets are great, but if you want to sit down to do some serious work, they won't cut it. Not so with the **Microsoft Surface Pro 3**: At just 12 inches and with 9 hours of battery life, this touchscreen is easy to take on the road. But its optional integrated keyboard cover and compatibility with Office mean you'll be able to deal when the boss calls. **From \$799; surface.com**

## THE BEACH-READY HOODIE

The **Bluesmiths Kula Hoodie** elevates the sweatshirt to near perfection with a tailored cut that hugs the body in a wind- and water-resistant Polartec fabric, making it the ideal layer for when you come in from the surf and the sun starts to set. **\$235; bluesmiths.com**



The center of gravity has been shifted to the middle of the face to put more mass behind the ball.



## The More Forgiving Irons

Better players prize precision in their irons, but what every golfer needs is forgiveness. The **Nike Vapor Pro Combo Irons** offer a happy marriage between the two. Over rounds in Bermuda and New Jersey, we found their small clubheads and slim lines made the clubs easy to control, and Nike's tweaked designs gave us exceptional feedback on good shots. When our contact was less than accurate, however, our miss was smaller. That's a win on any course. **\$1,100 for 8-iron set; nike.com**

GOLF CLUBS: SVEND LINDBAEK



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BUT THEY LEFT US  
WITH THE KEYS**

HORACE DODGE



JOHN DODGE

THE NEW 2015 DODGE  
**CHALLENGER**



**THEIR SPIRIT LIVES ON**  
AT [DODGE.COM](http://DODGE.COM)





### THE KNEE-SAVING ROAD RUNNER

A well-cushioned running shoe can ease the wear and tear on the legs of casual runners, but most are heavy because of all the impact-dampening foam underfoot. The **Hoka One One Clifton** is surprisingly lightweight, on par with paper-thin racing flats. For most of us, that means a softer landing — without feeling like we're wearing ankle weights. Experienced and faster runners will find it also holds up in longer races. **\$130; hokaoneone.com**



### THE COMFORTABLE MESSENGER

Outdoor Research's lightweight, waterproof **Rangefinder Seabag** became our favorite hauler of the year for its unique design and versatility. A single padded strap with a sternum cinch clips into either side of the reinforced bottom, letting you run this 32-liter top-loader on either shoulder. And the rugged construction had us grabbing it for bike commutes, beach weekends, and day hikes. **\$139; outdoorresearch.com**



### THE WHOLE-HOME REMOTE

In addition to controlling virtually any home-theater device, the **Logitech Harmony Ultimate Home** can run a wide range of WiFi-connected gear around the house to automate your daily routines: You can turn on the kitchen lights and coffeemaker, raise the Lutron-powered blinds, and switch the Sonos speakers to NPR — all with a single button push in the morning. **\$350; logitech.com**



### THE PORTABLE RUNNING COACH

Even a recreational runner can use a few pointers, and the easy-to-use **Wahoo Tickr Run** quickly helps you perfect a more efficient stride. It measures critical form indicators like step cadence, vertical bounce, and ground-contact time, and translates these numbers into a hokey-sounding "smoothness" score, which we became obsessed with improving upon. **\$80; wahoofitness.com**



## The Head-Turning Coupe

Think sports cars have lost their soul? One push of the **Jaguar F-Type R Coupe's** ignition will change your mind as the 550-horsepower V8 fires up a chorus as soul-stirring as a vintage Stones lick. But this Brit's performance isn't retro: Sixty mph arrives in under 4 seconds, and an adaptive suspension retunes itself hundreds of times a second to stabilize each turn around a bend. **From \$99,000; jaguarusa.com**



The throaty, loud 4-pipe exhaust system can be switched off when you're coming home late.



*It has a LICENSE  
to kill MISTAKES.*



**FriXion**  
CLICKER

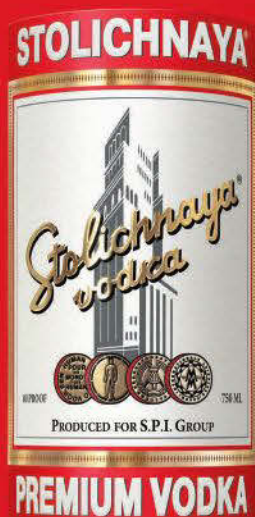
The retractable FriXion Clicker erasable gel ink pen is one part writing instrument, one part spy gadget. It writes smoothly, erases cleanly, and never leaves a trace so you'll be mess-free, stress-free, and on to your next assignment.

[PowerToThePen.com/FriXion](http://PowerToThePen.com/FriXion)



**PILOT**  
POWER TO THE PEN!

# THE VODKA WITH OVER 80 YEARS OF SECRETS.



## THE REENGINEERED MATTRESS

Finding the right bed is a headache, but **Casper** makes it easy with a design that it says will suit 95 percent of all sleepers. We agree. Memory foam is sandwiched between a hypoallergenic latex top and a supportive base. The result is a firm but spongy nest that has the sensation of a Tempur-Pedic without swallowing you up. Plus, it ships directly to your door in a remarkably small box. **From \$500; casper.com**



## THE COMPLETE-MEAL PAN

Like to cook but don't like the sink full of dishes? **All-Clad's Weeknight Pan** is a stainless steel workhorse made for one-pot recipes. Built like a skillet but with a deep 2.5-quart bowl, this hybrid is the perfect size: We found it big enough to accommodate short ribs braised in a bottle of red for 4 but compact enough that pulling the pan out for sautéed vegetables or scrambled eggs doesn't feel like overkill. **\$130; wayfair.com**



## THE STYLISH SCOPES

**Maven B-Series** binoculars get in on the bespoke game with an online customization tool that lets you tweak everything from body armor (choose from a smorgasbord of camos) to magnification. But don't let the packaging fool you: These are serious lenses, built solidly, that clearly show faraway objects — even in fading light. **From \$500; mavenbuilt.com**



## The Bump-Free Mountain Bike

Much like the suspension found on a sports car, the **Yeti SB-5C X01**'s patented system senses your pedaling force to keep the wheels glued to the ground no matter the terrain. Point the 5C down a terrifying chute of rock and dirt and the system goes from damp to bottomless to eliminate bouncing. Yes, it's expensive, but no other mountain bike delivers this kind of performance. **\$6,599; yeticycles.com**

Yeti teamed with Fox Racing Shox on its innovative suspension.



BIKE: SVEND LINDBAEK





### THE CLUB-PROTECTING GOLF BAG

Our biggest pet peeve on the golf course is the \$2,000 worth of clubs rattling in our bag. This problem is solved with the **OGIO Silencer Stand Bag**.

We took it out on courses in Texas, Florida, and Connecticut, and whether we were walking a speedy round before work or driving one-handed on a booze-soaked buddy trip, the bag's locking system kept the clubs from shifting and clinking, saving our irons — and our eardrums. **\$235; ogio.com**

### THE BIGGER-SOUNDING BOOKSHELF SPEAKERS



The egg-shaped **Eclipse TD-M1s** challenge conventional wisdom with their tiny footprint and delicate, open sound quality that give larger units a run for their money. An internal 20-watt amplifier renders audio with a degree of warmth and depth that defies the speakers' size. In addition to USB and 3.5mm auxiliary inputs, the TD-M1s can connect directly to your iPhone or iPad via Apple AirPlay. **\$1,300; eclipse-td.net**



The aluminum frame attaches to the outside of the bag, saving precious space inside.

### The Two-in-One Bag

We've tried other backpacks that convert to rolling luggage, and typically they suck at both jobs. The **Eagle Creek EC Lync System** gets the recipe right by starting with hiking-worthy packs in 4 sizes between 36 and 74 liters (from carry-on to expedition scale) that anchor to a small aluminum frame in about 20 seconds for rolling. When not in use, the whole gizmo folds down into a tiny duffel — better for apartment dwellers who don't have room for steamer trunk-size luggage. **From \$255; eaglecreek.com**

### THE SPACE-SAVING GRILL

With a footprint slightly larger than a propane gas tank's, the **Fuego Element** is slim enough to fit on a small deck but has the firepower of a much larger grill. It can hit 500 degrees in just 5 minutes, and the 21-inch cast-iron grate can hold up to 16 burgers at a time. We also like its modern look and the way a side hook conveniently stows the lid when it's open. **\$300; fuegoliving.com**



### CONTRIBUTORS

Dan Ackerman, Mark Adams, Matt Allyn, Marielle Anas, Mark Anders, John Brandon, Berne Broudy, Jeff Dengate, Greg Emmanuel, Adam Erace, Jeff Foss, Michael Frank, Jason Heaton, Stephen Krcmar, James Martin, Nicholas McClelland, Seth Porges, Erik Sofge, Jeremy Spencer, Stephen Treffinger, Sal Vaglica, Basem Wasef, Jesse Will

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by **DANIEL DUANE**

# The Man Who Fell To Earth

PHOTOGRAPHS BY  
**JOE PUGLIESE**

Wingsuit pilot **JOBY OGWYN** has climbed — and flown off — the highest peaks on the planet. But after the tragic deaths of several friends and a Mount Everest avalanche that killed most of his crew, is the world's greatest daredevil losing his nerve?



Ogwyn at  
the Perris airport  
drop zone in  
California after  
a wingsuit  
flight in June





**JOBY OGWYN IS THINKING** about death as he drives a black 2009 Chevy Tahoe through the Southern California desert. Ogwyn, the only person on Earth who has ridden rodeo bulls, raced stock cars, climbed the highest peaks on all seven continents, and BASE jumped from cliffs in Hollywood blockbusters, is a big guy — 6-foot-2, 190 muscular pounds, with a golden tan and curly blond hair. Usually upbeat, today the 39-year-old looks worn out and somber in black boardshorts, Oakley sunglasses, flip-flops, and a faded gray V-neck T-shirt. Six weeks earlier, Ogwyn was at Mount Everest base camp ready to climb to the 29,000-foot summit, strap on a wingsuit, and jump off for the largest live audience (224 countries) in television history. The plan was to plunge 10,000 feet like a flying squirrel at 150 miles per hour. But then the deadliest avalanche in Everest's history buried 16 Sherpas, including five on Ogwyn's payroll, closing the mountain and turning his record-breaking expedition into a body-recovery effort. "It was the ultimate fucking nightmare," he says. "Guys were chipping their dead friends out of the ice and hooking them up to helicopter long lines — friends who'd been working for me, carrying loads I asked them to carry."

With a multimillion-dollar production budget, Ogwyn's Discovery Channel leap off Everest should have been the capstone to what has been one of the weirdest careers in sports. Neither an elite-level alpinist nor the world's most extreme wingsuit pilot, he nevertheless combines a high-level professionalism in both sports with easygoing telegenic polish. (In 2007, he hosted National Geographic's *Adventure Wanted*, running extreme whitewater rapids, climbing big Yosemite cliffs, and endurance racing across Scotland in 48 hours.) Ogwyn is a pro at dreaming up television-worthy stunts — and then executing them through complex big-money deals.

"There's nobody quite like him," says Jeb Corliss, an A-list Hollywood stuntman and one of the world's top wingsuit pilots. "Most BASE jumpers like to think of themselves as wild anarchists on the fringe of society, but Joby's a clean-cut Southern boy who does this stuff as a job."

Today, Ogwyn is preparing for his first flight in months. It's a trial run for his next project — a movie intended for IMAX in which he'll wingsuit-fly over the Alps and the Himalayas — and he is clearly nervous. Just a few days ago, Jeff Nebelkopf, one of the world's best wingsuit pilots and the designated cameraman for this project, jumped out of a plane in Florida, suffered a parachute malfunction, and died after hitting the ground at over 100 miles per hour. "Jeff was the coolest guy in the world," Ogwyn says, his eyes tearing up



as he pulls into the desert town of Perris and stops at the municipal airport, a collection of corrugated-metal buildings and runways with a smog-choked view of the San Bernardino Mountains. "The first night after he died, I dreamed of flying with him. All this stuff has just put a zap on my head big-time."

Ogwyn drags a black roller bag full of skydiving gear over the gravel toward a shade structure. High above, 60 skydivers have jumped out of a plane and pulled their parachutes — the sky fills with what looks like neon confetti. "This sport isn't as fun as it used to be," Ogwyn says, putting on a black nylon wingsuit. "Once you do what I'm doing, you worry you're going to blow something that someone just spent 10 million bucks on. I was scared to death on Everest. I'm just trying not to die." Adding to Ogwyn's anxiety is everything that he now has to live for: In Laguna Beach, he and his wife have just settled into a new home. "I don't want to end up like Jeff," he says. "I'd like to live a little longer and spend time with my wife, Flaminia."

Nevertheless, Ogwyn boards a plane and disappears into the sky. At about 12,500 feet — too high to be visible from the ground — he leaps out of the aircraft, spreads his arms and legs, and transforms himself into a human glider. For the next three minutes, Ogwyn soars over the desert, banking huge turns. After passing below 5,000 feet, he yanks his parachute cord, steers the canopy toward the bright green lawn of the Perris landing zone, and touches down feet first, trotting to a stop.

"It was pretty nice to be up there again," Ogwyn says, eyes wide and smiling for the first time this morning. "See that interstate

**Clockwise from top left: Ogwyn and Jeff Nebelkopf in Switzerland in 2013; with his wife, Flaminia, in 2013; with Garrett Madison (far left in the red jacket) and his team on Everest in April**

over there? I flew about two miles past it toward those mountains and then kind of slowly came back. It was cool." Ogwyn pauses while bundling his parachute under one arm. "But I was definitely scared, too. I kept thinking about Jeff."

**WINGSUIT PILOTING**, at its most elemental, is about the ancient human dream of flight. An offshoot of skydiving and BASE (building, antenna, span, and Earth) jumping, the sport involves leaping from planes, helicopters, skyscrapers, or cliffs while wearing a jumpsuit with fabric wings sewn between the arms and body, and between the legs. When the wings fill with air and grow rigid, they create an airfoil similar to that of an airplane wing, providing enough lift for a pilot to travel forward at more than twice the rate he falls downward.

Subtle changes in body position — arching the back, moving an arm or leg — let wingsuit pilots control their speed, from as little as 40 mph to a record top of 225 mph. Flights can extend for several miles — and minutes — before the pilot opens a parachute to come in for a safe landing. Wingsuits can also be steered with enough precision for so-called proximity flying, soaring close to buildings and mountain ridges. Captured on GoPro helmet cams and posted to YouTube, proximity flying has produced the most spectacular extreme-sports footage of the past decade — the Facebook clips you watch in your cubicle.

DANIEL DUANE is a contributing editor. His story about biking on the Big Island in Hawaii appeared in the May issue.

COURTESY OF JOBY OGWYN (3)





there's a flaw somewhere in our system; you're an idiot if you think anything else." According to Chris MacNamara, a pioneering American wingsuit pilot, "Motivation and enthusiasm are just running too far ahead of really understanding the safety margins involved — there's not enough knowledge out there about how much room you have to leave yourself to do a stunt a thousand times in a row and live."

But Ogwyn says the sport's rush is addictive. "It's the most intoxicating thing I've ever experienced," he says. "I simply cannot get enough of it. It's pure magic, like I'm living my dreams."

The Web videos keep coming, getting more dangerous as pilots attempt to one-up each other. "Grinding the Crack," for example, a 2012 clip of Corliss rocketing through a narrow mountain gorge in Switzerland, has more than 27 million YouTube views, while a 2013 video of Alexander Polli shooting through a cave has 12 million.

set into a steep hillside with a breathtaking view of the Pacific.

Ogwyn was born just a couple of hours' drive north, in Pasadena, but his parents soon moved back to Shreveport. Ogwyn's father founded a small oil-and-gas production company while his mother taught Lameze classes. "But I knew California was where I was supposed to be," Ogwyn says, walking onto his deck and cracking open a beer. "I would always say, 'Someday, I'm going back.'"

After his high school graduation, Ogwyn's parents sent him on an African safari that included climbing Mount Kilimanjaro. "That changed my life," Ogwyn says. "I almost didn't make it to the top because I was tired, but when I did, and watched that sun come up over the plains of Africa, I was like, 'This is it for me. I'm doing more of these.'"

Ogwyn next decided to tackle the seven summits, the highest peaks on all seven continents. Mountaineering takes money,

## "You're basically committing suicide and then choosing to save your own life, every time."

Ogwyn's Everest project was going to top them all. "In my opinion," says Corliss, "that was the gnarliest thing anyone ever attempted. I told Joby, if somebody offered me \$10 million to do it with him I would have said, 'Fuck you.'"

Ten million dollars, as it happens, is about how much NBC and the Discovery Channel had committed to the project by last spring, with plans for seven hours of prime-time programming, including a two-hour live special, broadcasting the jump to the entire world. "It was going to be the biggest thing in the history of live television," Ogwyn says.

**OGWYN FIRST LEARNED** to fly as a teenager. In the 10th grade, he was cut from the high-school basketball team in his hometown of Shreveport, Louisiana, and vowed to make his coach regret the decision. Although he stands a muscular 6-foot-2 now, back then Ogwyn was a skinny 5-foot-9. "So I decided I would teach myself to slam-dunk and then go blow that coach out of the water," he says, driving from the Perris drop zone to his home in Laguna Beach. As a kid, Ogwyn practiced on an adjustable hoop, moving it up by increments until he could dunk on a full-height rim. "The incredible part was that he only weighed about a buck 40 soaking wet," says Richard Kamm, a teammate from that period, "and he was dunking on people left and right." The next year, Ogwyn made varsity and helped his team win two state championships. "Just goes to show, you can train for anything," Ogwyn says, parking his car and entering his home — a bungalow

so Ogwyn enrolled in business courses at Centenary College in Shreveport and took odd jobs — clearing brush, helping out at his father's company — to finance trips to mountains such as Aconcagua and Denali. Then he got a more lucrative job with brokers at a real estate development company. In 1999, six years after his Kilimanjaro climb, Ogwyn made enough money to tackle the world's highest peak.

"This is back when there weren't 35 expeditions on Everest all the time," he says. "There were more like five. From high camp to the summit, all the ropes were frozen. My partner turned around, and I climbed by myself all night." Ogwyn topped out in a magnificent dawn — the youngest American (at that time) to summit Everest, at age 24. A year later, he became the youngest person to complete the seven summits.

At that point, Ogwyn faced a personal crossroads. "I didn't want to sell houses and manage apartments for a living," he says. "I had a lot of connections in Shreveport, and it all just seemed too easy. But I sure would've been good at it — I liked the deal-making part." The culture felt confining. "I remember telling people about my seven summits stuff, and they'd be like, 'It's great to have dreams, but why don't you focus on something more realistic?'" He pauses. "I was like, I have to move to California *now*."

In 2000, Ogwyn relocated to Santa Barbara and got a job fixing crab traps. "I definitely didn't come out here to make TV shows," he says. "But I do remember seeing *Survivor* and thinking, 'This show is a

Wingsuit flying is also extremely dangerous. In the past year alone, an estimated 30 wingsuit jumpers have died, including four of the 14 top athletes who competed in the 2013 wingsuit Grand Prix — held in China by the World Wingsuit League — and Mark Sutton, the expert British stuntman who parachuted into the 2012 Summer Olympics opening ceremony while dressed as James Bond. Ogwyn himself has experienced close calls. In 2009, after jumping off a cliff in Switzerland, he reached back to pull his parachute and momentarily failed to find the toggle. "I remember looking down at the tops of the trees and for a second just relaxing and thinking, 'Well, I guess that's it,'" he says. "You're basically committing suicide and then choosing to save your own life, every time."

Dean Potter, the world-record holder for the longest BASE-jump wingsuit flight — 4.7 miles — says that all this carnage "means

bunch of pussies.” A friend of a friend told a television producer about Ogwyn’s climbing career and he was called in for a meeting. Although nothing came of it, Ogwyn was thrilled. He began pitching TV show concepts to anybody who would listen. “I remember telling my dad, ‘Doing a deal in Hollywood is exactly the same as in real estate or oil,’” he says, “‘everybody trying to get their piece and screw you out of yours.’”

Ogwyn finally got called in for a meeting about a new extreme-adventure show on the National Geographic Channel. “The guy was like, ‘Hey, man, whoever does this has to do some adventurous, high-octane stuff.’ I was just like, ‘I’m the guy you’ve been looking for.’”

Roman Gackowski, the show’s executive producer, remembers being struck by Ogwyn’s confidence. “The idea for that show was for him to try all these dangerous sports he’d never done before, so you don’t actually want somebody who’s nuts,” Gackowski says. “And Joby wasn’t. He just sincerely wanted to experience these things. Boy, he can sell, too.”

In 2007, Ogwyn spent a year hosting *Adventure Wanted*. Two segments for the show had outsize effects on his life. First, he learned to BASE jump and fly a wingsuit, immediately recognizing the commercial possibilities of what was then an embryonic sport. “I was like, This is going to be huge,” Ogwyn says. Then, in 2008, he tried to set a speed-climbing record on Everest. He ran out of oxygen near the summit, radioed for a rescue that never came, and then stumbled back to base camp, where he got the news that one of his dearest friends, world-class climber Iñaki Ochoa de Olza, had just died on nearby Annapurna.

“I think Joby saw then that to become an extreme high-altitude mountaineer is a risky thing,” says Simone Moro, a professional alpinist and former climbing partner of Ogwyn’s. “You don’t gain fame or money, and you have to spend a lot of time far from home. So he decided to become an explorer of the sky.”

Ogwyn agrees. “After Iñaki died, I was like, I’m just going to focus on TV and wingsuits going forward,” he says. “I saw that was the future.” He spent three years developing his wingsuit skills by doing hundreds of jumps over the Alps. In 2010, Ogwyn traveled to Nepal on his own dime, rented a helicopter to carry him over the summit of Everest, and jumped out in a wingsuit, flying close to the mountain to prove that it could be done. He used the footage to pitch TV producers his plan to leap off the summit. “I would tell people, ‘I can do this,’ because they had to see that confidence,” Ogwyn recalls. “But inside I was like, It’s going to take a lot of luck to get this done.”

Once Discovery signed on, Ogwyn lined up sponsorships from companies such as GoPro and then spent a year wrangling with multiple production teams, Nepalese fixers,



Ogwyn is currently filming a movie in which he'll fly over the Alps and the upper reaches of Everest.

and network lawyers. By early 2014, Ogwyn’s dream was set in place. In April, he boarded a plane for Nepal, confident this would be the jump of his career. At that point, Discovery had brought NBC on board for a joint investment that would have made the \$10 million leap the most expensive live television stunt ever. “It was going to be the biggest television event of all fucking time,” Ogwyn says.

**AT 6:45 AM ON** April 18, Ogwyn was asleep in his tent at Everest base camp when he heard a thunderous roar. Unzipping his tent flap, he saw masses of ice cascading down toward the Khumbu Icefall, a tricky traverse located near camp. “I could see 20 or 30 guys queued up under it,” he says. “They were standing all together and there was a ladder going up. There was just this big snake of ice and snow coming down and it ate the guys one by one. It devoured them.”

Ogwyn’s shock was spiked with an added realization — he was supposed to have been with them. Until the night before, Ogwyn had been scheduled to help the Sherpas ferry loads through the infamous icefall, but a Discovery Channel producer asked him to stay behind for extra filming. Now, in the

avalanche’s aftermath, he raced to help. Garrett Madison, a professional guide who had been hired as Ogwyn’s climbing partner for the ascent, was alongside him. “We grabbed crampons, ice axes, medical gear, and food and water, and started up the icefall,” Madison recalls. Ogwyn soon turned around to help escort a group of surviving Sherpas back to base camp. Madison stayed to dig corpses out of the ice. All climbing halted while the Sherpa community grieved and began negotiations with the Nepalese government for better working conditions. According to professional mountaineer Conrad Anker, “All the big expeditions just waited, hoping it would get resolved so they could carry on with their climbs.”

Ogwyn was still at base camp when he heard rumors that Sherpas were threatening violence toward Westerners. His friend Simone Moro had been one of three climbers badly beaten by Sherpas in 2013. “I was like, I’m the most high-profile guy here,” said Ogwyn, “and if somebody’s ripe to get an example made of him, that’s me.”

He was likely right. According to Russell Brice, owner of Himalayan Experience, the largest commercial (continued on page 118)



# MEN'S JOURNAL

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**Living the Malibu dream is a lot tougher than it once was,  
so when 15-foot waves start rolling in —  
as they did for one epic spell last August —  
the dreamers get in the water and fight for every ride.**

# **big wednes**

**BY ERIK HEDEGAARD**



Laird Hamilton  
about to  
ride through,  
or "shoot,"  
the Malibu pier



Today



**T**his time around, the waves weren't just going to be big, they were going to be massive and overwhelming, beyond anything seen in decades, if ever. They were going to be record setting. This was the word making the rounds in Malibu late last August, as Hurricane Marie made her way north from Baja, about to unload in a major way. The Surflife report had been predicting it, TV and radio could not stop jabbering about it, and the surfers could not have been more excited about it. Mexico was already getting hammered. Malibu, their Malibu, one of the most famous surfing beaches in the world, was next.

Still though, Laird Hamilton, a *Men's Journal* contributor and one of the most famous and experienced big-wave surfers who ever lived, wasn't convinced. He'd seen monster-surf hype before and he wasn't about to get suckered in by the overheated buzz. "When you've been at this as long as I have," he said, "you realize it's best to have no expectations." So on Tuesday, August 26, he spent the day surfing closer to home, at a spot seven miles north of the main Malibu break, Surfrider Beach. The waves were small but fun, and around 5 PM he got in his flat-black Hummer to go home, when somebody texted him a picture of what was happening at Surfrider. The waves there were huge, twice as big as where he was

up the coast. He took one look and shouted, "What?!" And next thing you know, he aimed his Hummer south on the Pacific Coast Highway and roared off.

By Tuesday, the swell was already big and heading toward massive, and pretty much the only surfers on it were the locals. Malibu top-dog Allen Sarlo, for one, was ready — he'd already stripped the old wax off his board and applied a fresh coat, rearranged his work schedule, and made sure he was squared away with his wife and two kids. "I got in at first light," he said, "and even then you could feel the energy of the swell and the power, and then it really started cranking."

Local ace Andy Lyon was in the water, too, and could not believe his eyes.

"I saw this one rogue set of 10 arrive like a tsunami," he said. "I'd just ridden a wave and was walking back up the beach, eating a Fig Newton to keep me going, and this set came in dark and deep and starting like 200 yards past everybody in the lineup and it just slowed down and stood up. It was like the whole ocean came in with it. It was like the water was pushing up from the bottom and the set had no place to go, so the waves all smushed together and jacked up, and then they all started unloading, and the whole beach was going fucking crazy. I mean, it was bizarre."

By late afternoon, traffic on the PCH, which overlooks the break, slowed to a standstill, with more and more surfers showing up and cars pulled over everywhere. "Just trying to find a space to park put you on the verge of a panic attack," said Mitch Taylor, manager of Becker Surf & Sport. "It sent you into a kind of tailspin before you even got in the water." The double-overhead waves were already breaking with enough power to snap boards in half, leaving the jagged hunks of foam and fiberglass to carom shoreward through the frenzied surfers paddling out. Then the TV crews started to arrive and jockey for position, while drones hauling GoPros zipped by overhead, documenting the unfolding chaos on land and the epic rides in the surf. This would go on for the better part of three days, with waves eventually reaching sizes not seen since the Reagan era. By the time it was over, Malibu's crew of seven lifeguards had kept tabs on 90,000 visitors, made 65 rescues, engaged in 1,755 "preventions" (i.e., telling hodads from the Valley not to go in the water or they'll drown), and pulled one body onto shore. It was Malibu madness at its finest and, at times, its ugliest, highlighting all of the legendary break's promise and problems during the most Malibu of Malibu days ever in the history of the whole blessed place.

Surfers compete for waves at Surfrider Beach.



**F**OR MANY people, Malibu will forever remain a memory of what it was in the late Fifties and early Sixties. It's home to a spunky teenage surfer girl named Gidget and her band of fellow surfers with names like Moondoggie and the great Kahoona. Around the same time came Annette Funicello and Frankie Avalon in the goofy Malibu-set *Beach Party* flicks, with the Beach Boys providing a soundtrack for the entire bushy-bushy-blonde scene, all of which allowed the *Saturday Evening Post* to rightly state in 1967 that surfing is "the most successful California export since the orange." Shortly thereafter, Madison





Avenue hijacked what a single California beach had made so popular and took it to middle America, eventually warping surf culture into the \$6-billion-a-year industry that it is today. The real Jeff Spicolis come and go, but the Chevy Malibu is forever.

One thing that everyone here likes to say is that Malibu sure isn't what it once was. Then again, in certain ways, it has remained oddly resistant to change and almost seems to exist in a kind of sealed, saltwater bubble. When the surf is up, it's no more crowded now than it was back in the 1960s, when 100 to 150 guys (and a few girls) could be seen flailing around in the lineup. The competition for waves is certainly dogfight fierce today, but no more so than it was back then, when if you dropped in on Malibu superstar Miki Dora, he'd knock your ass off your board. And the reason for all this is the wave. It's the draw. It's why a good number of the city's 13,000 residents live here. As Matt Warshaw says in *The History of Surfing*, "No surf break, then or now, has ever presented itself so well." Or as Laird Hamilton, who splits his time between Malibu and Kauai, likes to say, "It's an absolutely perfect wave, and it's right here, in my backyard."

From top left: third-generation Malibuan Andy Lyon, a.k.a. Angry Andy; part-time local Laird Hamilton catching a wave on August 27; Allen Sarlo, who shot Malibu pier seven times on Big Wednesday

Surfrider Beach is one of five named beaches along Malibu's 21-mile stretch of shoreline. There are three prime takeoff spots: First Point is the one closest to the 780-foot-long Malibu pier, is favored by longboarders, and is the wave most people associate with the 'Bu, as it's also known. Second Point and Third Point are farther north and deliver faster, punchier waves best suited to shortboarders. All three points were formed centuries ago, by an alluvial fan of silt, sand, and cobblestones pushed out of the Malibu Lagoon by the subsurface force of Malibu Creek. It used to be that you could ride through from one point to the next, but the lagoon was dredged in the mid-1980s, and ever since, the points have stopped connecting. What's more, apparently due to the same

dredging issues, the Second and Third Point waves have declined in quality to the extent that many surfers, both longboarders and short, ride only First Point, turning it into a nearly constant traffic-jam nightmare where only the big dogs can ever hope to get a wave to themselves.

And there are always big dogs at Malibu. Right now the two biggest are Allen Sarlo, 56, and Andy Lyon, 51. Sarlo is a hulking beast of a man — not as big as Hamilton, say, but close, and far darker, with deep sunken eyes and possessed of certain strange and unsettling simian aspects — where Lyon is short, wiry, and



catlike. The way Sarlo rides, he hacks waves apart with sharply vertical, acute-angle turns, hence his nickname, Wave Killer, where Lyon opens up his turns more, allowing him to be more graceful and unpredictable. Like Lyon, Sarlo is an enforcer of the pecking order in the lineup, but where he can often do it with a glare and a growl, the less overtly intimidating Lyon has to rely on what he calls “Tourette blackouts, where I’m just screaming a lot of, you know, *fucks*.” His nickname is Angry Andy, and here’s the way it sometimes goes when he gets ticked off, at the top of his lungs: “Fuck, fuck, shit, fucking idiot, fucking get the stupid, fuck, doing out here, you fucking idiot, get the fuck out of here!” The whole point is to make sure everyone follows the rule that only one surfer rides a wave at a time, with priority given to the surfer who takes off closest to the curl. In practice, it mainly means that you better not take off on Sarlo or Lyon no matter what, priority be damned. Any wave they want, they get, and in August, thanks to Hurricane Marie, they had more waves than usual.

The storm got its start on August 10, as a tropical storm system off the Atlantic coast of Africa, then drifted lazily west into the Caribbean, eased past Panama, and chugged into the Pacific, where it eventually became a Category 5 hurricane. On August 25, surfline.com emailed a rare public safety alert: “Significant SE/SSE swell from Hurricane Marie to generate large and consistent surf, strong currents and dangerous conditions for southern California.” Furthermore: “Rip and long shore currents will be extremely strong and treacherous... Jetties, piers and other coastal objects may also pose additional dangers.”

When it arrived early on that Tuesday, it got so big that for the first time in decades, Second and Third Points started joining up to First, with lines so long it looked as if you could ride for a third of a mile or more, with potential at the end to not only finish close to the pier but also maybe on the other side of it, by shooting through its myriad thick crosspieces and pilings, a risky but alluring proposition. How big the waves were, though, is hard to say. Estimates range from 15-foot faces to 25-foot faces, with a strong lateral drift right toward the pier. So they were both big and dangerous, and the lifeguards spent much of their time trying to make sure those who didn’t belong in the water didn’t go in the water. “You know them

when you see them,” said Malibu lifeguard specialist Kevin Williams. “They’ve got a lot of bravado but not much experience.”

One such person was a hefty Los Angeleno named Silverio Laconsay, 54. It took him about 40 minutes just to bull his way through the whitewater and get to the lineup outside. Once there, he looked a little tucked, and lifeguards patrolling the area suggested he go in, but Laconsay insisted he was fine. The swell was historic. “I’m not going to miss it,” he reportedly said, shortly before suffering a fatal cardiac event. “They pumped on him for 15 minutes, breaking ribs, while he foamed from the mouth, turning green,” said Malibu regular Sean Colburn. “But he had already passed. It was totally gnarly.” It was the only death at Malibu that week, though close calls were frequent.

“Intense,” said Laird Hamilton. “Was I scared?” said Daniel Robinson, 17, nodding his head. “Glorious,” said Robert von Sternberg, 75, and still charging. “Yeah. It was almost like it was the 1980s all over again.”

**L**AIRD HAMILTON finally arrived around 6 PM, somehow finding a place to park his Hummer and hoofing it across the sand carrying his stand-up paddleboard. Pretty soon, he was almost all anybody on the beach could see. Wave after wave after wave, him standing tall, paddle slapping away, cruising beneath other surfers, above them, all around them, him just hanging there like a cool surfing Jesus, flipping his hair back as he paddled back out, one of the few not wearing a wetsuit, his vast panoply of beetle-brown muscles glistening in the cloudless, late-summer sun.

“There’s Laird!” a newcomer to the beach said.

“Oh, Laird’s going to shoot the pier!” somebody else said.

“Oh, Laird,” another person said.

At times, it seemed as if Laird were on every wave the ocean had to offer. “I mean, it’s OK, it’s Laird, I give him a pass,” Andy Lyon said later, “but he was being a pig, taking off on everything. Would I rather him not cut me off? Yeah. Would I rather him not be like ‘fuck you’ to me and have some respect? Yeah. He’s cool, though. Laird’s fucking Laird.” Other folks used words like *wave hog* and *asshole* to describe Hamilton, primarily because he insists on riding a SUP and using a paddle to catch waves, which gives him a mechanical advantage over prone surfers. And also because his presence tends to overshadow the surfing of equally skillful, real Malibu regulars like Lyon and Sarlo. Which may, in fact, be somewhat intentional: A chuckling friend of his says Hamilton probably

chose Malibu as his late-Tuesday surf spot due to a sudden and acute case of his “own kind of attention-deficit disorder”; in other words, an overwhelming need for media love. And he got it, too, because the TV crews and video cameras were soon out in force, capturing both Laird the heroic (he saved one man from drowning, as featured on TMZ) and Laird the ballsy (he shot the pier, repeatedly, as also seen on TMZ), as well as a rare, noteworthy appearance of Laird the imperfect (he ran over a guy on his SUP and broke the guy’s arm, as not mentioned by TMZ).

Right before dark, Lyon and the rest of the lineup finally paddled in. Some of them strapped on headlamps and tied glow sticks to their wetsuit zipper pulls and went back out, surfing well into the night, but Lyon was exhausted. He’d been in the water for 10 hours almost without a break, and as he trudged up the beach, his head was buzzing. “Normally, I’m not that stoked when I see somebody else get a killer wave, because I should be on it, but that evening I was stoked for everybody,” he said. “It was that whole excitement of what was happening, all those people on the beach watching, the ambulance getting Laird’s victim out of the water, the lights, camera, action, the camaraderie of all of us getting bomb waves, and then coming in, it was like coming out of the gladiator pit, like coming out victorious in the dark. It’s probably not something we will see again.”

**B**Y DAWN THE next day, the real crowds had arrived and, with them, a distinct change in the mood in the water, where a hundred or more surfers were bobbing up and down and desperately trying to catch a wave or desperately trying to avoid being mowed down either by waves or by fellow surfers. “Hostile, aggressive, hungry, frustrated, confused,” said von Sternberg. “It was a fucking mess.” Said legendary surfboard shaper and Dogtown Z-boy mentor Jeff Ho: “During a ride, you’d have to navigate your way through a crowd, boards are flying everywhere, people are flying everywhere.” Said Zuma Jay, proprietor of Zuma Jay’s Surfboards, “In my 40 years of business here, I’ve never seen anything like it.”

Word went around that out-of-towners like longboard genius Joel Tudor and world-champion surfer Kelly Slater were on their way, that singer-surfer Jack Johnson was already in the water, and that actor Gerard Butler, star of the surf-themed movie *Chasing Mavericks*, was on the sand, albeit taking pictures, not suiting up and going out, perhaps wisely. Later on, the waves smashing against the length of Malibu Pier

ERIK HEDEGAARD is a contributing editor. He wrote about pot stocks for the November issue of *Men’s Journal*.





From left: Miki Dora, one of Malibu's first alpha-dog enforcers, during his heyday in the Sixties; the scene in Malibu as Gidget-era teens hit the beach in the summer of 1961



began to knock loose some of its massive pilings. Soon, a bunch of them were bobbing around in the surf, looking for surfers to crush and other pilings to crash into.

When state park officials couldn't figure out what action to take, Zuma Jay jumped in the water and began swimming the pilings, one by one, out to a lifeguard's launch so that they could be towed to a safer spot.

"I'd never seen waves like that at Malibu before," Patagonia-sponsored Mary Osborne said. "There were bodies and boards everywhere, and people were throwing up, they were that out of breath. It was mayhem." Meanwhile, Allen Sarlo, in his flashy red wetsuit, caught a bomb and tore the face off of it, pumping himself far down the line into the flats and right through the pier — he shot the pier seven times that day — as each of about half a dozen would-be snakes and poachers took one look at who they were about to drop in on and backed down.

Up on the PCH, an audience of hooters and hollerers was letting loose.

Shortly before noon, with the surf still giant, a skinny guy in a shiny black wetsuit trudged out of the water and hustled up the beach. This was one of the stranger sights of the day, because the guy was Andy Lyon, and it seemed almost inconceivable that he was packing it in so early. But there he was, walking toward the nearby enclave known as the Malibu Colony. When he's not surfing, Lyon is a real estate agent, and he had

**"I'd never seen Malibu like that. There were bodies and boards everywhere, and people were throwing up, they were that out of breath. It was mayhem."**

to meet a lady from New York who was starting a \$20,000-a-month lease. There are worse problems to have, but all he could think was, "Fuck, of all the days..." Still, he had a big, fat commission coming his way, so he had to go show her around her new digs. But he kept his wetsuit on throughout the entire walk-through and his mind on the real prize.

Then she started going on and on about how happy she was. "Yep, yep, yep, OK," Lyon said repeatedly during the next hour, until he couldn't stand it anymore. "I got to go!" he barked, and bailed to get back to the water.

Of all the local surfers in Malibu, few are more local than Lyon. His grandfather dealt in real estate here, too, when prime ocean-view lots went for \$2,500, and he's never lived anywhere else. That nickname of his, Angry Andy — he got it not only because of how he behaves in the water but also because of how vocal he is about everything he thinks is wrong with his town. These days, he's mostly pissed off about the

giant sewage plant that's probably going to be installed less than a hundred yards from his old elementary school; how dredging in the Malibu Lagoon has messed with the waves; how the city council seems to care a whole bunch more about honoring the high-school football team than the high school surf team; how developers are trying to turn Malibu into a destination shopping mall. Not to mention the myriad traffic problems, the PCBs at the high school, and the recent failing grade — an actual *F* — Malibu received from the Los Angeles Conservancy for its apparent inability to preserve the town's history.

In both 2012 and 2014, Lyon ran for city council, his basic message being, Let's restore Malibu to the way it was when I was a kid. Lots of citizens favored that idea, but he lost both times, mainly due to his volatile nature, with little help from a 2011 YouTube video that shows him going ballistic at a public meeting and a council member having to call for the sheriff. He just can't contain himself.

"I am like an outsider in my own backyard," he said, "but I am going to keep the fight going. I'm just hoping something happens before it's too late."

In the meantime, he has no plans to stop his bellowing in the water, if only because whenever he eases up, "people start to wedge in and think they can get away with shit, so then I have to blow my lid and then they know I don't get challenged. Then someone will cut me off and go, 'Hey, man, it's Malibu, we're all going to ride waves together.' Well, no, we're not. If this was Hawaii, you'd get your ass kicked." He went on, "But you really can't push it like you used to do. I mean, I'll defend myself. Some guy tried some shit and I fucking cracked him with my board, like, 'Fuck you, man. Don't get near me. Fuck you.' But you can get sued now. Or, you can get kicked off the beach for years at a time. I've had a lot of guys start shit with me, trying to edge me into throwing, just so that I'll get kicked off the beach. So many people would like to see that. I'm not going to risk it, though, so I'll just push it to the limit. I'll yell. I've fucking full-leaping tackled guys off their boards. But I don't really shoot boards anymore, maybe just little warning shots or something. Malibu's become the land of pushy, lawyered-up fucking surfers. The other day somebody dunked a guy and got taken away by the cops."

He tilted his head and said, "Malibu is fucking weird. It can start to make you crazy and you can end up like Angie Reno."

A moment of silence, now, for Angie Reno, a name that comes up often, usually in hushed tones, during conversations with locals. He was a renowned big-wave surfer in the Seventies, a Pipeline specialist, and a regular Malibu enforcer. According to legend, he once dunked a guy, and when the guy came up pissing and moaning, Reno said to onlookers, "Someone call 411 and get the number for 911." Classic. At some point, though, he went totally off his beam. Some say it's because he wrote the treatment that became *Baywatch*, was given a measly \$100,000 as compensation, and watched everybody get Hasselhoff-rich but him. ("They used Pamela Anderson to bait him into signing something that he would never sign otherwise," said Laird Hamilton.) Or else it was because of the Malibu crowds, the constant daily battle with kooks from the San Fernando Valley, from Santa Monica, from anywhere but here.

Reno was in a constant frothing rage and allegedly even started threatening to kill people. "I'm going to go postal one day down here and you're on the top of my list," he said to one longtime Malibu surfer. This kind of behavior eventually got him legally banned from appearing within 500 yards of any Malibu beach for five years. Even so,

## "I've full-leaping tackled guys off boards. But I don't shoot boards anymore. Malibu has become the land of pushy, lawyered-up surfers."

during the August swell, he was reportedly seen drifting past Surfrider Beach in his car, head turned to the sea like everybody else's but with absolutely no chance of riding one of its waves. It may have looked like the Eighties all over again out there, with all three of Malibu's fabled points once again connecting for some truly honking, blistering, once-in-a-lifetime rides, but Hurricane Marie was already well out in the Pacific. By Friday, it was pretty much all gone, the waves, the TV cameras, the quadcopters, the out-of-towners, the horrible parking situation, leaving behind only an eroded beach and a stack of knocked-down pier pilings.

**T**WO WEEKS INTO September, however, everybody in town is still talking about how great it was and debating what they'd seen and gone through. Up on the PCH, a snaggletoothed curbside surfer-philosopher named Charlie is sitting under an umbrella next to the white van that serves as his home and opining, "I'm sorry, but the reality of it is, Allen and Andy were both out, everybody was surfing, and some guys were even surfing good. I got a few waves myself. But Laird was way above everybody. He was larger than life." Over at Zuma Jay's Surf Shop, Zuma Jay, who does business with the military, tells the story of how Laird snaked him on a wave and after he complained about it, all Laird could say was, "Sorry, dude." And then, after a beat: "Hey, I need some 4-ought ammo. I got this great big old gun and I need ammo for it."

Inside Coogie's restaurant, Hamilton is ordering a carrot-orange-turmeric-ginger juice to go with his bowl of chicken soup and his five scrambled egg whites with peas, onions, and chicken, and making no apologies. "Look, you can't go out with 100 or 150 guys and not be dropping in on them or having them drop in on you.

When people drop in on me, I'm just like, 'Sure, no problem.' I think Andy dropped in on almost every wave I was on. Hey, I don't even care. And the way I grew up, if I started worrying about what people are thinking about me, I'd be at my house, in my room, not moving." Then he starts getting all worked up about the guy whose arm he broke. "When you go surfing, there's an assumption of risk. This accident was unavoidable. But now he's giving me these indirect passive-aggressive threats, trying to push me like I'm responsible. We got this weird photograph of his board where his kids wrote on it, 'Laird almost killed my dad. Laird crushed my dad's arm. Laird, please pay my dad's bills.' So now we've got this whole drama that I've got to deal with."

At his pad overlooking the PCH and a goodly slice of Malibu water, the top dog himself, Allen Sarlo, is playing back videos of him shooting the pier on Big Wednesday, as it's now called, to hell with the surfing movie of the same name, and explaining how it's done. "You stay on the top part of the wave to keep your speed up, aim for a piling, then carve a bottom turn that'll give you the speed to scoot through the pilings to the other side." Oh, and watch out for the crosspieces that'll block your way and kill you if you hit them. They had never been successfully shot. Until now. "See, on this one wave, all of a sudden that big X was in front of me, and I just ducked underneath it and was like, 'Wow!'" He stops the video at the very moment he ducks, and lives, and it is indeed like, wow.

And outside the Becker shop, Angry Andy Lyon is no longer angry.

He's telling the story of one Wednesday ride in particular, which he shared with surfer girl Kassia Meador. "She is so fucking hot," he says, "and on that wave we were almost standing in the tube together. Another guy started off between us, but I pushed him out. This was a big wave. We were face-to-face. She trimmed high in the barrel, then when we got through that, we just started doing these really tight go-behinds, where I came around her and then she came around me, crossing over, coming almost straight at each other. And at the end, we just fucking kissed." He pauses, leans forward. "Her boyfriend probably wouldn't be stoked on that, but she just gave me a big kiss — the best kiss I've ever gotten from her — and I think I said to her, 'That's almost as good as if I'd had sex with you.' We were just out in the water, down at the pier, after the greatest ride, just laughing."

He shakes his head, a smile on his face. A hot chick on a big wave during the most momentous swell in recent history. It's something neither of them will probably ever forget. **M**



# HOLIDAY HOTLIST



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BY **PAUL SOLOTAROFF**  
PHOTOGRAPH BY **PETER YANG**

# THE FIXER

HOW A FORMER BEAUTY QUEEN PROTECTS THE NFL'S TROUBLED ELITE FROM SHADY BUSINESS DEALS, LITIGIOUS STRIPPERS, AND THEIR OWN DARKEST IMPULSES.

**THE PLAYER HAD NEVER** punched his girlfriend, failed his twice-a-year piss tests, or taken a tree limb to a preschool child — and by the Grand Guignol mores of the National Football League, that made him a prince and a scholar. Granted, he hadn't lived up to his billing out of college or his mammoth signing bonus, but he was a plug-and-play starter for a perennial winner, a lunch-pail type on time for team meetings and off-season training. For sure, he was the last of Denise White's clients who would call her in high panic on his off-day. White was up to her neck in fire-walking stars who couldn't stay out of trouble at 3 AM, and she was hoping to get through one weekend away without some fresh foolishness popping off.

But there she was at the 2012 wedding of Vince Young, a client with his own share of backfield drama, when her phone began growling in her bag. "Denise, she says I raped her, and it wasn't like that," babbled the player as White ran up the aisle to an empty room. "She came back with me from the club, and we did it a little while, then I asked her to leave. That's all there was, I swear. End of story."

White, the NFL's frontline crisis manager serving dozens of marquee players — Jared Allen, Brandon Marshall, DeSean Jackson, among others — had been hearing some version of that puerile story for most of her firm's 16 years and reflexively launched the kind of inquiry that most women have never broached with a man: What kind of sex did you have with the girl? Was it rough? Consensual? Are there marks on her body? Will cops find your DNA in her? "The

sex was 'basic,' he said, but he hadn't worn protection, like way too many of my guys," says White. "I tell them over and over until I'm blue in the face, but most of them are kids still, with millions of dollars, and think they're untouchable. Then the girl goes and hires an attorney, and it's 10 grand a month for 18 years. Or 21 if the kid goes off to college."

Over the next couple of days, White did what she does: doused a fire before it leaped over containment. First she called the girl to get her version of events, but White found her "high off her ass and unintelligent," a whack job who set her scam detector ringing. "Let's be clear about this: I've had clients who probably did it," she says, "but after talking to her, I knew that this one didn't." White got on the phone with one of her go-to guys, a prominent trial attorney in the player's town. The lawyer was friends with a vice squad captain whose cops had had run-ins with the girl; the captain pulled her rap sheet and sent over a squad car to monitor the accuser's movements. "She was holed up in a motel, stoned all weekend, and had a long list of priors, mostly drugs," says White, who missed most of Young's wedding and the starry reception to work the phones from the beach. "Turned out this was her M.O., going town to town and making false accusations for a payoff."

Still, the girl was cogent enough to get a rape kit done and would certainly have a tawdry story to tell if no charge was filed against the player. "Even when it's open-and-shut fraud, it's sometimes better to write the check than to fight it in civil court," says White. But the player had a spotless rep and little exposure at home, being an unattached man without kids, so White shot the moon in his defense. She retained the trial lawyer to confront the girl and give her



White with  
San Diego tight  
end Antonio  
Gates in 2009

the high-noon speech: Either get lost and withdraw her claim or they'd post her mug shots on every media outlet and expose her, the league over, as a bunco artist. Sensing she was in over her head this time, the girl dropped the charge and ran back to East Texas. Elapsed time from panic to problem solved: 48 hours of around-the-clock phone calls and favors pulled in from three sources.

That Monday, White rang the player at home to tell him the happy news. Then the woman they call Momma Bear let the player have it: "I told him what an ass he'd been, bringing a young girl over for sex and treating her like an unpaid call girl. Do you know that he tossed her out of there at 4 AM and didn't give her money for cab fare home? I mean, I love my guys and move mountains to help them, but really now: How were you raised?"

White, a former contestant in the Miss USA pageant — she won Miss Congeniality in 1994 — tosses her head in disgust. "You know, people made a fuss about the *Blind Side* kid, like he was a one-of-a-kind deal. Well, 90 percent of my clients are the *Blind Side* kid and need every bit of mothering they can get."

Even from a wealthy businesswoman with a house by the beach in Marina del Rey, California, and a staff of six running her Los Angeles office? "Oh, you don't know drama until you've heard my horror story," she says. "I'm the only woman manager in the NFL — hell, the only woman, period, in this godforsaken league. How do you think I landed all these guys?"

PAUL SOLOTAROFF is a contributing editor. He wrote about NFL cornerbacks in the September issue of *Men's Journal*.

**AFTER THE** horrors this fall, is there anything left to say about the NFL's off-field transgressions? We've pulled the sport's numbers on spousal assaults and had the national talk about partner abuse, scanned the photos of Adrian Peterson's son and denounced the vile practice of child "whooping," and X-rayed the league's boneheaded reactions until we elevated our risk for rare cancers. Ignore the pious cant from the league and the player's union about a few bad actors staining the shield. This is a game and a culture steeped in blood from its birth

in the 19th century, when dozens of players died on the field and street goons were recruited to carry the ball and break each other's bones in scrums. It's not an NFL problem; it's a football problem, and it starts the day nine-year-olds don the pads and knock one another senseless in tackle practice.

"We train these guys from boyhood up to be the fastest, fiercest men on the field, but spend no time whatsoever training their souls to distinguish between war and peace," says Mark Edmundson, a professor at the University of Virginia and author of the newly published *Why Football Matters*, a brilliantly timed book about the sport. Edmundson has a theory and a word for this malevolence: the Greek term *thymos*, as deployed by Plato. Although it lacks an exact cognate in common English, the word denotes, he says, the warrior spirit raised to the highest pitch, tuned to meet resistance with maximum force,

even in neutral settings. "We used to worship soldiers, but don't anymore, and we transferred that adoration to players. The NFL teaches them to fake it for us: Wear the mask of the humanitarian off the field, but unleash the savage lion on Sunday."

When you pair that mind-style with a hectic past — a single- or no-mom household, gangsters in the stairwell, and the routine crack of gunfire after dark — what you produce, all too often, is a nihilist on the loose, a man with a buccaneer's taste for spoils and the fear that the world will claw them back the second he shows weakness or turns his head. Absent a reboot of their nervous systems or a fundamental shift in the way we prep them, football players will go on testing limits — and go on seeking the help of Denise White.

For reasons that are clear to exactly no one I asked, there has never been anyone like her in the game, and no effort has been made by the commissioner's office to employ her and her staff when trouble outs. Until recently, in fact, no team or league official would acknowledge what she did for her players, and the agents who negotiated contracts for them were annoyed and dismissive of White. "First they described me as 'that pushy girl who'll probably blow away in a year,'" she says. "Then I began adding all these future Hall of Famers — Dwight Freeney, Willie Roaf, Antonio Gates, Terrell Suggs — and it was, 'Oh, she must be sleeping with them.' Then they saw all the sponsor money I got them, and it was, 'Damn, I better call her to see what's what.'"

What they found was a self-taught scrambler who had identified a niche and promptly filled it. "She carved out this special thing for herself by doing the stuff that we didn't have time for, like crisis management," says Tom Condon, the king of NFL agents, who reps the Mannings, Drew Brees, Tony Romo, and hundreds more at the Creative Artists Agency and who once tried to bring White and her clients to CAA. "We try like hell not to sign bad guys, because you waste your days fixing their messes. But Denise is great with those clients and goes to war for them, and she's salty enough that they really respect her."

White, whose first job, in the late Eighties, was traffic reporting from a Cessna over rush-hour Portland, Oregon — she was the woman known as U-Turn Laverne to listeners — pulled a U-turn herself in the early Nineties, becoming a personal assistant to entertainers. One of them was Samuel L. Jackson, who spotted



White representing  
Oregon in the  
1994 Miss USA



her moxie and hired her to do a sponsor deal for him. She signed up other actors, then landed a football player: Tony Gonzalez, a struggling rookie tight end for the Kansas City Chiefs. "It was a fluke that it even happened — I'd been working for Robin Givens, and Tony saw her at a party and wanted to date her. Well, he had to go through me to get her number, and we wound up hanging out and becoming friends."

Gonzalez, who went on only one date with Givens (on the bright side, she didn't sue him for palimony), was painfully shy, spoke poorly on camera, and had no one to polish his edges. White sat with him for hours, practicing interview answers while she honed his phrasing and cadence. Then, because his agent, Leigh Steinberg, couldn't be bothered, she began calling merchants in Kansas City to drum up endorsements for him. "It shocked me to see that agents didn't do that, because when they pitched the high draft picks, it was always, 'Oh, we'll do your branding and get you into movies, too,'" she says. "Well, maybe for Tom Brady and Peyton Manning they did, but everyone else was riding the bus."

She landed Gonzalez a print ad with Sprint, then booked gigs with Coca-Cola, Reebok, and other brands that plastered his handsome face on billboards. Casting directors noticed, and soon he was all over Kansas City TV, and even started landing national gigs. In an equally shrewd move, White then hustled Gonzalez to Tom Condon and away from the nose-diving Steinberg, a once-great agent who had badly lost his way, drinking himself and his practice down the drain. Gonzalez's teammates also started flocking to White. Donnie Edwards, Brian Waters, and others may not have been breakout icons like Gonzalez, but all were game to roll up their sleeves and take the entry-level gigs she sent their way, like appearances at car shows, autograph signings, and guest spots on sports-talk stations.

Word got around the league that White could grow up your profile, or create one where



White did damage control while Brandon Marshall (top) was in the throes of undiagnosed mental illness, then she rehabilitated his image; she secured Patrick Peterson (middle) blue-chip sponsorship deals; and steered DeSean Jackson (bottom) from failed business deals to six-figure endorsements.

**"This league is a bunch of old men in their echo chamber — and none of them know a thing about these players."**

it didn't exist. "I was no one at the time," says Ephraim Salaam, the personable former Falcon who's now a star on the rise at Fox Sports 1. "I was an O-lineman and a Muslim, but she knocked on every door for me and probably busted a few down while she was at it. Then she got me on *Ellen*, where I became a regular correspondent and built

my brand for mainstream, not just football."

Meanwhile, White was still so green she had no notion of what to charge her clients: "I was billing these millionaires by the hour, not the month, and barely making the rent on my one-bedroom." Hilariously, some of those millionaires bitched and moaned when she hiked them to \$1,000 a month. Her monthly fee is now a multiple of that, plus a percentage of the promo deals she strikes. (If that doesn't sound like a lot, know that she gets the DeSean Jacksons hundreds of thousands, cash, just to tweet.) But as her clientele grew and she began adding staff, she found herself representing name-brand players who'd come through serial crises as kids and were still steeped in chaos as pros. "Guys whose dads had been incarcerated forever and they'd never even seen outside of prison," or clients

saddled with blood-sucking crews or crooked agents and accountants. "By the time I got Vince Young, he'd been ripped off for millions," she says. "Everyone had their hooks in him, including his uncle." Young, now out of football, sued his agent and his financial planner, alleging they stole \$7 million from him. (The case was settled.)

For this class of player, something new was required: a wall-to-wall deep-clean of their lives. "We're talking homeboys or cousins who'd been with them since high school and were ruining their brand or trying to profit," says White. "One of my biggest clients had his house safe stolen, with hundreds of thousands in cash and jewelry taken." No arrests were made, but it was "clearly an inside job — they knew exactly when he'd be out and for how long." White sat him down and vetted his hangers-on, most of whom were useless or worse. "They were boys of his in high school who'd had his back but had zero job skills or market sense," she says. "They'd post shots to his Twitter of him with a porn star or in nightclubs with big bottles of alcohol." One even created a fake Facebook page to draw donations to a charity with no charter. "As tactfully as I could, I told him, 'Enough is enough: I'll handle your marketing from here on out. If you want to help your friends, pay 'em to get your cleaning, or stake them the cash to open a Wendy's.'"

Burdensome as it was to be the bad cop in their lives — evicting a crazy girlfriend who'd moved in with a player and whom the player lacked the courage to kick out;

confronting a financial planner who drove a Bentley around town but never seemed to deposit her client's checks — White was soon faced with a stickier wicket: saving players from the lifestyle hustlers who always had a hand in their pockets. "Rap music 'deals' are the big loss leaders. Some guy in a club says, 'Yo, I produce for Snoop; I'll make you a hit record for a hundred grand.'" Many of her clients have fallen for that; one lost a couple million dollars backing an album that never got made. Other money pits: TV pilots and action flicks that languish, unseen, in someone's basement, and sportswear lines and nutritional products that tank before they even hit production. "Guys come to me all the time: 'But this is my dream. How can you sit there and tell me no?' I say, 'Because none of my guys has ever made a dime, but if you have to live your dream, start with \$50,000 down or whatever you won't feel when you lose it.'" Dicier still are the dreams of wives and girlfriends begging to be funded by their men. "If I had a buck for every spouse who's an 'undiscovered' designer, I could've bought an NFL team," White jeers. "They have never taken a class, can't draw a friggin' dog, but need a million bucks to start up the factory." White does what she can, but she loses that fight more often than not. "At the end of the day, they gotta go home, and they gotta keep mama happy."

Then there are the jobs that she hates like poison but have become a staple of her practice: the late-night distress calls from players. "I had a very well-known star, one of the nicest you'll ever meet, get jammed up in a strip club at 2 A.M." A dancer there took him to a bathroom in back, promising a blow job on the house. "He thinks he's getting serviced, but she has a change of heart, so he says, 'No worries,' and goes back out to watch her dance," White says, conceding that this was the player's version and that she never got to hear the dancer's side. "Later that night he gets a call from the cops: She claims she was sexually assaulted by him."

This happened 12 years ago and served as White's window into the netherworld of hustlers gaming athletes. "You find them in every town with at least one major sports team: women at crappy strip joints and hotel bars, or loudmouths trying to start trouble in clubs, hoping my guy hits them so they can sue. I had a recent case where the player showed restraint, but then someone in his party hit the guy. Well, the person goes out and gets an attorney, saying he's now disabled for life. But he didn't sue the friend, of course: He sued the player, and will probably get a check when it's all done."

In the strip-joint matter, no charge was ever filed; the police and the district attorney deemed the charges baseless. But word leaked to the local media that something

had happened, and the player's reputation hung by a thread when White called all the outlets in town. "I said, 'There's nothing to this story, but it'll hurt him if it airs; run it, and he'll never speak to you again.'" Every outlet fell in line except for one local affiliate, which floated a mention of the claim. No rivals took the bait, though, and the story drifted away, never casting shade on the player. Meanwhile, the stripper hired a bottom-feeding lawyer: His office was one door down from where she danced. "We ended up paying her a little to stay out of court, but it never made the papers or happened again" to her client. In the end he bought himself a dear lesson cheaply: "Nothing good can happen in a nightclub or strip joint after midnight — nothing," says White, who bemoans the time and labor she's wasted tamping down those 2 A.M. eruptions.

She won't say how many claims she's paid out or even ballpark the size of the

**"I start with my own story, which usually does the trick. They're like, 'If she can come through that all, what's my problem?'"**

checks players have written — "I'm not giving those girls one drop of extra incentive," she sniffs — but over time it has become a steady sideline operation. Whether guiding her clients through paternity dramas — "First rule: Always take the swab-kit test; 60 percent of the time the kid is someone else's" — or walking them through the minefield of jilted girlfriends who threaten to go public with charges, White spends many mornings armed for battle, going from skirmish to skirmish. "She's the world's most expensive babysitter, because some dudes keep repeating childish things," says Salaam. "And trust me when I tell you, she steps to them strong, but there's that handful of guys who don't hear it first time out. Or the third or fourth time, either."

Of her 30-plus clients, White puts the number of problem cases at "about six or seven." This suggests, if nothing else, that she's pretty good at getting her point across in that first-day sit-down, and that she's also choosy about whom she reps. (She wouldn't, for instance, take on Michael Vick, saying, "I don't help guys

who hurt children or animals," and has turned down other hot-button stars, none of whom can be named here.) "I start with my own story, which usually does the trick. They're like, 'If she can come through that all, what's my problem?'" Moved by her candor, they'll often then open up about things they've told no one else — the dire hardships growing up or betrayals by their camp, like the parent forging checks from their account. Then, before they leave, White tells her clients: "Not that you're one of those guys, but if you do find yourself in trouble for any reason, your first call is to your lawyer, and your second is to my cellphone. Any hour, day or night. Sleep's overrated."

**WHITE'S SITTING ON** the deck of a venerable seafood place, with her back turned to the yachts in the marina. That she's here in Marina del Rey, on this miracle of a summer evening, dining cheek by jowl with surgical blondes and men tanned the color of Mayan kings, is the longest of long shots that came up flush. Given the hell she grew up in and the blows that kept raining, it's a wonder she didn't end up living under a bridge or working a dingy corner in Venice. But all of this — the new Range Rover and the seven-figure billings; Patrick Peterson on line one, checking in — this just doesn't happen.

Except it did.

White was one of five kids born near San Diego to a wildly unstable mother named Sharon Hoksbergen, a nurse's assistant struck in her mid-twenties with acute, and misdiagnosed, mental illness. In 1966 Sharon's husband, Jimmy Hoksbergen, up and left her flat, taking their three children and the couple's possessions and leaving Sharon a note and exactly one penny. Denise and her twin, Diane, born two years later, were raised to think he'd abandoned them, too, and didn't learn the name of their biological father until Denise did some snooping at age 16. By then, though, they had encountered every form of loss and took the news as just one more cross to bear.

White has brought along some papers in a moldering file: state documents of her abuse at the hands of an unwell mother; her multiple removals to a children's shelter; and the belated grant of custody to her maternal grandma, Lois Golden, the woman, she says — through tears — who saved her life. "Mom would just leave us there, hungry for days, and we had to fend for ourselves," says White. "Once, I was on a stool cooking rancid hamburger for me and my sister to eat. It was green in the middle, totally infested, but it was all there was in the fridge, and I was five." A willful child, Denise stuck hairpins into sockets, getting burns on her hands from the shocks, and darted through traffic across a busy street to swipe Scooter Pies off the shelves of a (continued on page 116)





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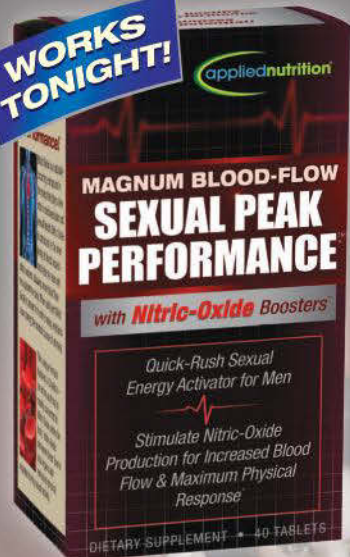
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## THE FIXER *continued from page 100*

7-Eleven. "The clerk there knew but let us take the food. He saw we were just trying to survive."

After the umpteenth admission of their mom to a locked psych ward, there were a couple of hard years with loveless foster families. "Diane and I used to suck our blankets to get to sleep," says White. "Well, the woman there showed us a thing or two: She poured hot sauce on the ends, which broke that habit." Then, when they were eight, the state split the twins, placing Denise with her grandma in nearby Escondido, and Diane with a family of strangers 30 miles east in Miramar. Forbidden by court order to be in touch with each other, they fell out of contact until age 19, when Diane showed up at a beauty pageant to watch Denise compete for Miss Escondido. "I'd seen an article about the contest with her picture in the paper, and was sitting in a row behind her friends," says Diane Blakeley. A success story herself, with a job in financial services, a house in San Clemente, and season tickets to the Chargers, she had been adopted by a loving single mother and raised two hours away in Claremont. "She didn't recognize me until I reached for her in the aisle," says Diane. "Then we all started hugging and crying, including my grandma, who was in the audience, too."

Though armed with resentments from their years-long remove, and as different in temperament as twins can be — "Denise is a scrapper and a tough guy with her players; me, I'm the boring, cautious one," says Diane — they built back their friendship, stone by stone. "The thing is, I had a brilliant [adoptive] mom who helped me every step of the way. But Denise, she did this all on her own, had no one to walk the walk with her. I couldn't be any prouder of what she's done."

An encounter with their birth dad was less exalted. At 16, White found a name in the folder that her grandmother had locked in a cabinet. She looked up Jerry Cascioppo in the San Diego phone book and paid him an unannounced visit one night. "He answered the door, disheveled, in just his boxer shorts and T-shirt; I ran back to my car without saying a word," says White. The ne'er-do-well son of a wealthy San Diego family, he'd been in a car crash that damaged his brain sometime after the twins were born. "He wasn't

all there and was being supported by a trust, which I learned from talking to his parents later on."

But White, whose mother was irreparably ill, in and out of hospitals until her death in 2002, eventually screwed up her nerve to confront him. "He was married to an evil woman who made me bribe her just to let him out for dinner." White liquored him up over lobster and steak and got him to take the paternity test that established him as her father. She eventually forgave him and reached out again when his wife divorced him last year, leaving the addled old man in a fog. White installed him in a senior facility near San Diego, paying his bills and checking in on him when she's down there. Asked about her kindness to a father who showed her none, she shrugs and notes that there's no one else to help now and this is what you do for aging parents. But this isn't about family and a bereft daughter's love. Not really, not for him; that's just duty. White has

**"Don't get me wrong - I love my mom," DeSean Jackson says, "but no one watches out for me like that one."**

a family — the one she's built herself from the players she reps and protects — and they check in all the time on Momma Bear, more out of fondness than commerce.

"She's kinda like the mother I never had," says Tyrann Mathieu, the stellar young corner for the Arizona Cardinals, whose problems with marijuana cost him two years of college and many millions

in the 2013 draft. He barely knew his father, who is locked away for murder; had spent little of his boyhood with his mother; and was being badly underserved by an agent and marketer when he sat down with White last spring. "I don't talk to a lot of people, but I felt her out and saw I could trust her to help me." She paired him up with Condon, vouching for the kid; bolstered his league-minimum salary with gear endorsements; and will chaperone him through stardom and beyond, hovering in his ear, giving counsel. "That woman stays on a brother," DeSean Jackson says from Redskin camp. "She don't let nothing slide." Her takedowns of his Twitter posts and harangues about the club scene? "That's all done out of love," he says. "I mean, don't get me wrong — I love my mom a ton, but no one watches out for me like that one."

**SHORTLY AFTER** Roger Goodell's bumbling press op, in which he tried — and failed — to fall on his sword after botching the Ray Rice horror, I called up White for



her take. It incensed her to note that, with a blank check to write, he couldn't even hire a capable crisis manager to walk him through the chore of taking blame. "It's what I've been saying for years about this league: It's a bunch of old men in their echo chamber — and none of them know a thing about these players."

She was no less galled by the league's laughable hires of four corporate women as policy wonks. "Are they out of their minds? Have any of these women ever met a player, let alone heard what makes them tick? You can't legislate this stuff from the top down. You've got to get inside these guys to change their thinking and to help them make amends for what they've done."

Amends-making is, for White, a stock in trade. At least four times this year she's been asked to clean up after a star found himself in a hot stink. In February she was retained by the NFL sack champ Robert Mathis, who was facing a four-game suspension from Goodell for taking Clomid, a banned hormone, late last season. Mathis, a meticulously clean player with the Indianapolis Colts, had a persuasive reason for taking a fertility drug, which he offered to Goodell as defense. "Robert and his wife were trying for a baby so his mother, who has stage IV cancer, could see the child," says White. "He took it for a month, then she conceived and he stopped taking it. And by the way, it has zero effect on muscle growth." But Goodell, in his wisdom, declined to even meet with Mathis, though he had plenty of time to sit with Rice and lend an ear to a spouse-abuser. So White went around him to the court of public opinion, getting Mathis a spot on *Good Morning America* as the sympathetic face of male infertility. She hammered home the point with appearances on other shows and touted his foundation as a leader on the issue, making grants to indigent couples for hormone treatment. Although Goodell didn't reduce the ban, White's campaign saved Mathis' rep in Indianapolis, where he'd become a beloved figure and community leader.

In April she had to scrub an uglier kind of stain: the canard that DeSean Jackson was an L.A. gangster. Last season the then Eagle got into a spat with the Redskins' DeAngelo Hall during a Monday-night game. Returning to his huddle, Jackson flashed Hall a gesture that looked like an inverted peace sign. Although he'd thrown that signal in scads of off-field photos, White ordered him to knock it off. Jackson explained that the signs were merely a tribute — not a threat or a gang sign, but a shout-out to the guys on his block in Compton who'd had his back as a kid. "I said, 'Tell that to Procter & Gamble,'" says White. "I'm trying to get you ads for Gillette razors."

Deeming the matter settled, she thought no more about it until a phone call

three months later from NJ.com, a New Jersey news website. "They were running a story about DeSean making gang signs and wanted me to reach him for a comment. I told them, 'Here's your damn comment: He's the farthest thing from gangster, and if you run this, you're a bunch of fucking dopes.'" Several days later, the story was published — on the morning the Eagles announced they were cutting Jackson and gave no context for the move.

It was a devastating blow to Jackson's reputation, suggesting to every team with an interest in him that he was an Aaron Hernandez in the making. Infuriated, White went to wartime footing. She helped him craft a statement torching the story as an unsourced smear, then booked him on every strategic venue to deny the claim in person. In a chat with ESPN's Stephen A. Smith, the Mister Softee of talking heads, and then in spots on *Arsenio* and *106th and Park*, Jackson came across as sensitive and well-meaning, putting down any fears he was a Blood. He promptly signed a deal with Philly's *bête noire*, the Redskins, where he'll torment Eagles coach Chip Kelly for years. "I hope he burns them bad," sneers White, still riled. "All they had to do was call [his release] a money decision. Instead they hung that poor guy out to dry."

With players like Jackson — highly spirited kids who haven't quite finished growing up — White's challenge is to keep their whims in check until they learn to do it for themselves. Then there are guys with problems they can't outgrow, that portion of her clientele with mental illness. One of pro football's best-kept secrets is the shockingly high number of active players with one or more clinical ailments — depression, bipolarity, antisocial disorder, et al. Brandon Marshall, the brilliant receiver beset by borderline personality disorder, says that there "are probably 10 to 12 guys in every locker room" with an affliction, the great majority of them undiagnosed and untreated.

Marshall, the first player since Ricky Williams with the courage to go public about his illness, came to White as a Bronco in 2009, when his then girlfriend told ESPN that the 6-foot-5 Marshall had roughed her up. White drilled him on the facts for an appearance on ESPN's *Outside the Lines* — "I never put a hand to her, and the charges have all been dropped" — but his mood and demeanor played poorly on-air, undercutting his message. Afterward, White worked to build back his brand, running his fund-raising dinners and free football camps for underprivileged kids in Denver.

But Marshall, whose illness hadn't yet been detected, kept her very busy for a while. There were publicized problems between him and a coach in Denver; a suspension for kicking (continued on page 118)

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the ball away from a ball boy in practice; then a bizarre episode at his home in Miami two years later, when he wound up with serious stab wounds to the gut. “I knew there was something going on with Brandon,” White says. “We were always on eggshells around him. But I kick myself now, because even with my background, I didn’t get how serious this was.”

Happily, Marshall did, and he chose to save himself before exhausting his chances. He checked into a Boston hospital last year for evaluation and treatment. Three months later he came out with a diagnosis and the resolve to be a leader of a movement. He wanted, with White’s help, to tell his story proudly, to roll back the shame and stigma of mental illness, and, above all, to be a resource for others.

White was overwhelmed. “For most of my life, I hid my mentally ill mom and the damage she caused. For Brandon to step forward . . . well, I hugged him for it, but at the same time I was really worried.” She warned Marshall of the maelstrom that was sure to follow: the taunts from fans and players; the loss of his off-field income and, potentially, his career as well. “He said, ‘You know what? It couldn’t be any worse than what I’ve dealt with up until now.’”

With the utmost care, she brought him out in stages, testing the message and the market. There was a written statement after his hospital release, then a series of brief appearances during Super Bowl week. The reactions were positive, so White booked a bigger stage for him. In the green room before he went on *The View* to do his first national sit-down, Marshall, usually a ham, was terribly nervous, rehearsing his message with her. Suddenly he looked up and saw White bawling. “He asked me, ‘What’s wrong, Denise?’ and I said, ‘I’m just so proud: You’re speaking for me and all the people like us around the country.’ Well, he teared up, too, and said, ‘You just made this real for me.’ Then he went out there and brought down the house, just knocked them stiff with his story.”

In a watershed moment for the player and his sport, Marshall spoke soulfully of his illness and rescue, signed his new Bears contract in front of his hosts, and wrote a million-dollar check to fund treatment for others, going from “patient to provider” in a matter of months. Not bad for a guy who, with all his talent, was dumped by two teams as a cancer. And not bad, either, for the former foster girl who cried herself to sleep in strange houses. Small wonder she stands for men who’ve walked the low road to hell. She knows that route by heart and can help them climb the hill. Though if it’s all the same to you, she’ll fly first-class. **M**

guiding outfit on Everest, “The Sherpas felt that his project was too big and far-fetched and made the mountain angry, so the mountain retaliated.”

Ogwyn boarded a helicopter to Kathmandu and then flew to New York, where he became the face of the tragedy. “Contractually I was obligated to be on whatever TV show Discovery asked me to,” Ogwyn says. “They wore me out for about a week, where I had to relive the nightmare of what I had witnessed over and over until I was about to have a mental breakdown. Over 50 shows, TV and radio — *Morning Joe*, *Today*, *Good Morning America*. I can promise you that was the worst experience of my fucking life.”

**THE SUN IS SETTING** over the Pacific when Ogwyn’s wife, Flaminia, a beautiful black-haired Italian lawyer, gives us a tour of their new home. She shows me the upstairs bedroom that will soon become the office for Ogwyn’s media company, Swing for the Fence Productions. She leads me down to a basement-level room with nothing in it but a few dumbbells, a yoga mat, and a boombox. Then, in the closet, she unveils Joby’s toys: six wingsuits, four BASE-jumping parachute rigs, several down bodysuits for climbing 8,000-meter Himalayan peaks, multiple pairs of plastic mountaineering boots, and a large cardboard box filled with about \$10,000 worth of complimentary GoPro camera equipment.

“Every accessory known to man,” Ogwyn says, smiling. He leads me back upstairs to the deck and opens another beer as a warm breeze blows in off the ocean. Criticism doesn’t seem to trouble him, but he still thinks about Everest. “I’ve been talking about it a lot with Howard Swartz, my executive producer at Discovery,” Ogwyn says. “We both put our Raisinets on the chopping block to make that thing happen, but how much further are we willing to push it?” As part of his new movie intended for Imax, Ogwyn will return to Everest, interview the avalanche survivors’ Sherpa families, and jump from the upper reaches of the mountain. Then, if the atmosphere feels conducive, he’ll reboot the jump from the summit for 2015.

But Ogwyn seems more focused on whatever comes after Everest. Over the course of the afternoon, he has taken endless phone calls on the deck, discussing TV stunt proposals such as maybe riding a Jet Ski off Angel Falls in Venezuela, or launching himself over a mountain with a jet pack and then using a wingsuit to fly down the other side. He is even considering a project to ride up in the Virgin Galactic spaceship and jump out, skydiving from space like Felix Baumgartner — except higher.

“The way I see it, if I work really hard the next four or five years, I won’t have to work so much later on,” he says. “Jeb and I thought

we would never live to be the age we are now, which is probably why we did so much crazy stuff. We were like, Fuck it, none of us are going to make it out alive, so we should see what we can do. But then all these guys got it, and we’re still here. Now we joke that we might get to be those old guys on the beach together. That would be pretty cool — just make a little money, have a nice life surfing.”

First, though, Ogwyn is working to get that wingsuit movie made. He is the executive producer on the project, which will include flights out of helicopters in Switzerland as well as those from high on Everest — followed by that possible final leap from the summit in 2015. “After that, though, I really do see my career as a super action man coming to an end,” he says, his eyes wandering out to sea. “At some point you have to cut yourself off from the danger part, or you just end up dead.”

Then Ogwyn laughs and shakes his head. “But of course, I’m also talking about doing a jump from outer space. So who knows? Maybe I’ll just go bigger.” **M**

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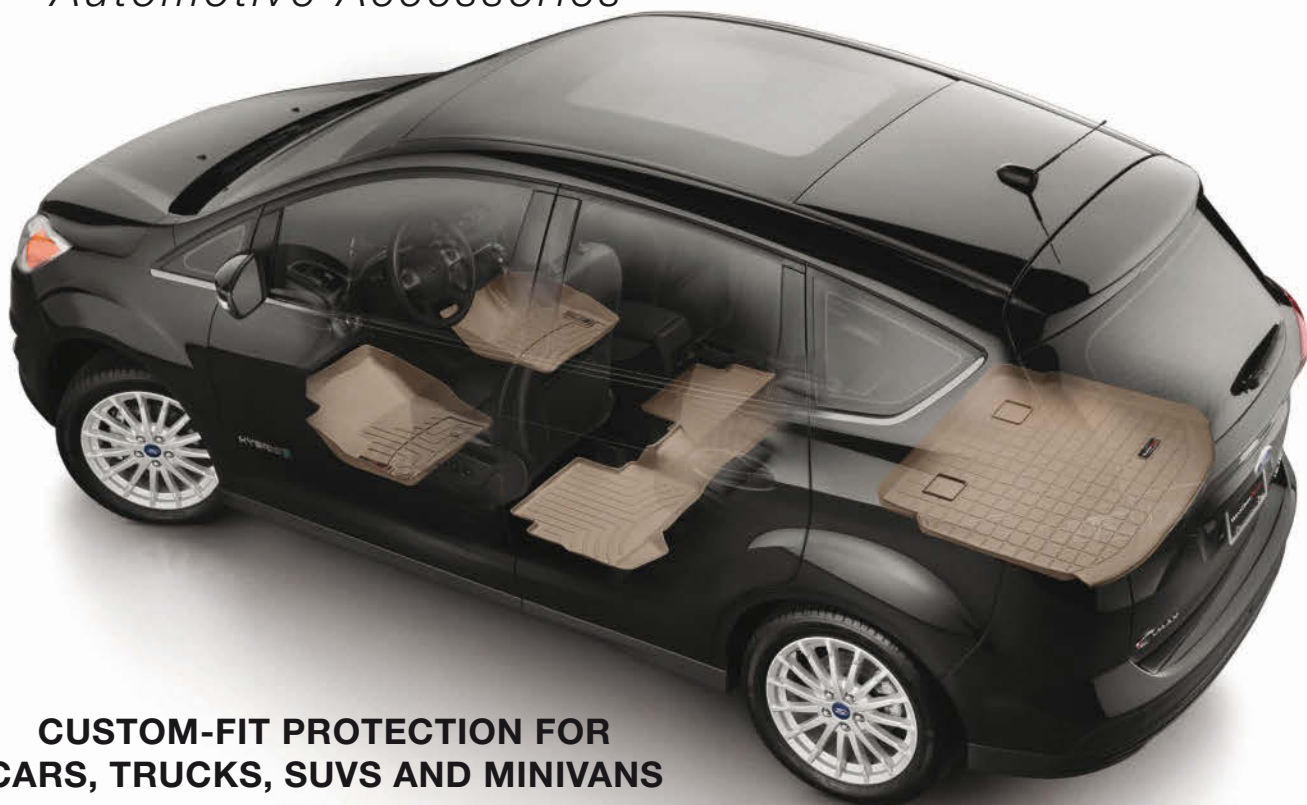
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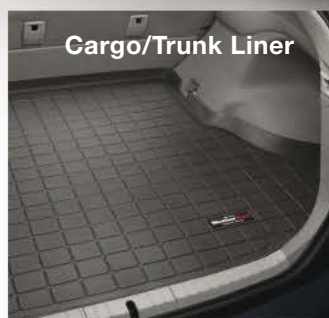
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Item  
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Item  
69080  
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Item  
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LOT NO. 95275  
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Item  
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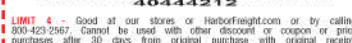
**\$74.99** REG. PRICE \$159.99  
**SAVE \$85**



Item  
68048  
shown

LOT NO. 68048  
69227/62116

• Weighs 74 lbs.



40444212

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LOT NO. 94141  
69320  
61913  
61914



Item 94141  
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Item 93888  
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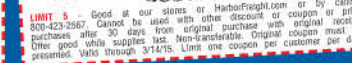
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**SAVE \$180**



Item  
95659  
shown

LOT NO. 95659  
61634/61952

• 580 lb. Capacity



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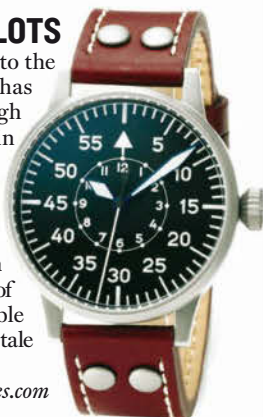
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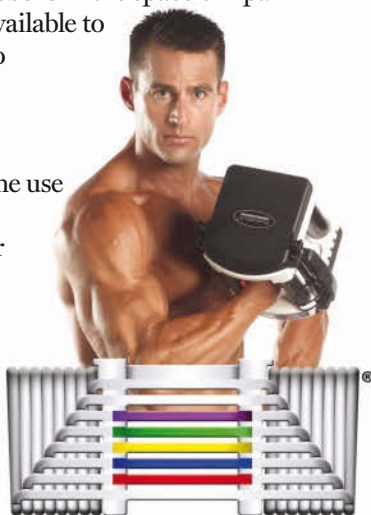
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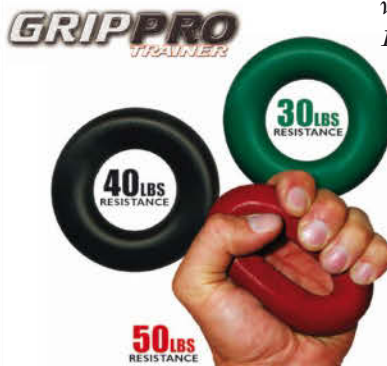


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# John Cleese

The Monty Python genius on humor, talent, and the dangers of being dutiful.

## What's the best advice you've ever received?

I asked a psychiatrist named Robin Skynner, with whom I wrote a couple of books, how many people in his profession he thought really knew what they were doing. He said about 10 percent. So for the next few years, every time I met somebody I thought was particularly sharp, I asked them the same question. The highest estimate I got was 20 percent. That explained so much. I spent so many years worrying about executives and critics, but once you realize that very few of them know what they're talking about, everything is simplified.

## What advice would you give the younger you?

I was always too dutiful, always did what was expected of me. But you have to take control of your life more than that. You have to say, "What do I want to achieve?" I didn't have that sort of courage, and as a result, I spent an awful lot of time doing things that didn't interest me, just because it was expected.

## How did therapy help you? Why did you seek it out?

I sought it out because I wasn't happy and didn't know why. There's a simple phrase that says therapy is the integration of thinking and feeling, and if you can achieve that, then life shouldn't be too difficult.

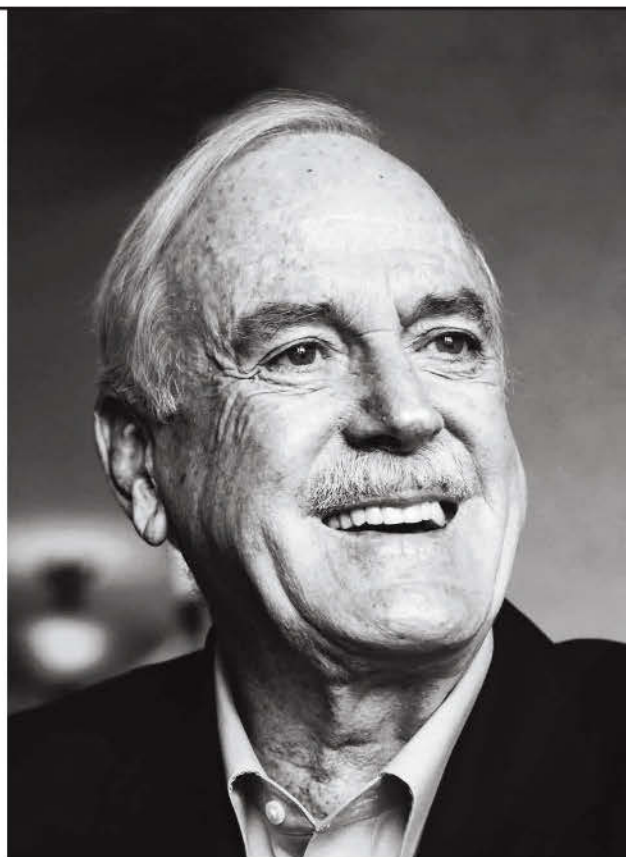
## What's the secret to a great collaboration like the one you had with Monty

## Python's other main writer, Graham Chapman?

Well, it's a bit like dating. At the beginning you're both a little reticent because you don't want to say anything stupid. So you feel each other out, and sometimes it clicks and sometimes it doesn't. It's strange because Chapman and I very much clicked as writers, but as people we could hardly be more different — and that's true of two or three of the Pythons. People always want to think my first choice for dinner companions would be the Pythons, and that's not true. When we do have dinner together, we have a very good time because we laugh so much, but we are very different people.

## What's your philosophy about comedy?

Humor is like anything else in life: You can arrange any kind of human behavior on a scale from paranoid to very inclusive. And the best kind of inclusive humor is to look at this extraordinary situation only human beings are in. We're all in the same boat: We don't really know if there's any purpose to our being and nobody gave us a rule book, and once you start laughing about this, it's very inclusive. And at the other end of the scale is nasty humor where people make racial or political jokes indicating that the other group or political party is beyond redemption. Somebody told me a joke that I thought was very funny: Why do the French



have so many civil wars? The answer is so they can win one every now and again. That made me laugh a lot but not because I hate the French.

## What role does religion play in your life now?

I think the main thing to realize is that everything is transient. The Buddhists have got it completely right. It's all transient, and everything is a part of a process, and it's an inevitable process, and yes, we are all going to die. It's just a question of the date.

## Who was your greatest influence?

Peter Cook was the most impressive. He wrote some extraordinarily funny sketches, and the wonderful thing about it was it was effortless. But the sad thing was when he finally began to lose it and not have that facility, he didn't know how to sit there and grind it out like the rest of us mortals have to do. That's the downside of

genius: When the going gets difficult, when it's not flowing the way it used to, they don't know how to work hard at it. I did 13 drafts of *A Fish Called Wanda*. That's a certain attention to detail.

## What have you learned about work?

You have to try like hell to get it right, because if you're going to do anything seriously, then not trying to get it right seems completely pointless.

## What do you think your legacy will be?

I'm not interested in my legacy. But I'd like the people who knew me to think of me as trying to be kind, because I think that's just about the only thing that matters.

—INTERVIEWED BY SEAN WOODS

John Cleese was a founding member of Monty Python. His memoir, *So, Anyway*, is out now.



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